

KENSHUKAI

KARATE



Come and learn self defence, improve your fitness and gain more confidence.

Karate teaches the skills needed in every day life such as, discipline, coordination, concentration, self control, patience and respect.

Wednesday 10/01/18-21/03/18

4.15-5.15pm

In the School Hall

Only £60 for the 10 weeks !

New students Annual Licence/Insurance £20

Sensei Eddie Bitton on 07979 077731

eddiebitton@hotmail.com



Name _____ Tel&Email _____