

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 04/09/19-18/12/19

4.15-5.15pm

In the School Hall

Only £84 for the 14 weeks !

New students Annual Licence/Insurance £20

Sensei Eddie Bitton on 07979 077731

kenshukaikarateuk@gmail.com



Name _____ **Tel&Email** _____