

# 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 05/09/18-19/12/18**

**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**

**[eddiebitton@hotmail.com](mailto:eddiebitton@hotmail.com)**



**Name \_\_\_\_\_ Tel&Email \_\_\_\_\_**