SOUTHERN KARATE ASSOCIATION

KARATE CLASS AT PADNELL INFANT SCHOOL



EVERY TUESDAY 3.15-4.15PM

£7 A LESSON

(payable half termly)

WHAT TO EXPECT

- ✓ Self Defence
- ✓ Confidence
- ✓ Increased Flexibility
- ✓ Fitness
- ✓ Improve Self Confidence
- ✓ Discipline
- ✓ Fun

FOR MORE INFORMATION & TO BOOK
EMAIL: SKA.STACIMANNS@GMAIL.COM
TEXT: 07837 072844

WWW.SOUTHERNKARATEASSOCIATION.CO.UK
FACEBOOK: @SKA.MAIN