SOUTHERN KARATE ASSOCIATION

KARATE CLASS

AT PADNELL INFANT SCHOOL



EVERY TUESDAY

4.20-5.20PM

£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
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