



KARATE FOR SCHOOLS

AFTER SCHOOL KARATE CLASS AT PADNELL INFANT SCHOOL

STARTING TUESDAY
9TH SEPTEMBER 2025.

3.15-4.15PM.

£6 A LESSON

(PAYABLE HALF TERMLY).

EMAIL OR TEXT THE
NUMBER BELOW FOR MORE
INFORMATION & TO BOOK
YOUR PLACE:

TEXT: 07837 072844

EMAIL: SKA.STACIMANNS@GMAIL.COM

FACEBOOK @SKA.MAIN

WWW.SOUTHERNKARATEASSOCIATION.CO.UK

TEACHING

- ✓ Self Defence
- ✓ Confidence
- ✓ Co-ordination
- ✓ Awareness
- ✓ Etiquette
- ✓ Respect
- ✓ Discipline
- ✓ Behaviour
- ✓ Fitness
- ✓ Strength
- ✓ Control