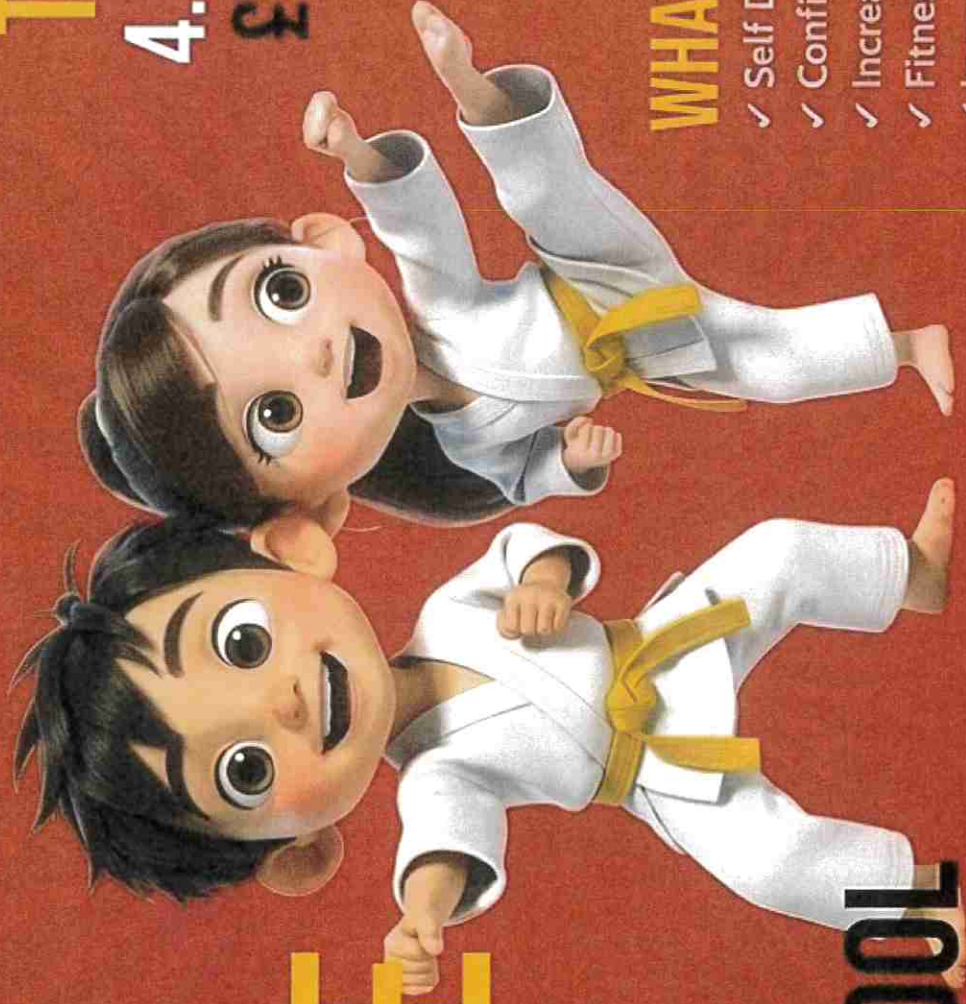




KARATE CLASS AT PADNELL INFANT SCHOOL

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

**EVERY
TUESDAY
4.20-5.20PM
£7 A LESSON**



WHAT TO EXPECT

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



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