



KARATE CLASS

AT PADNELL
JUNIOR SCHOOL

FOR MORE INFORMATION & TO BOOK
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**EVERY
SATURDAY**

9.30-10.30AM (kata)

10.30-11.30AM (syllabus)

**£7 A LESSON
2 LESSONS
FOR £13**

WHAT TO EXPECT

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

WWW.SOUTHERNKARATEASSOCIATION.CO.UK
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