SOUTHERN MARTIAL ARTS



KARATE & KICKBOXING





KARATE LESSONS

AT COPNOR PRIMARY SCHOOL





- Why Join Karate?
- Build confidence, focus & discipline
- Improve fitness, coordination & balance
- Learn self-defense in a fun, safe setting
- Taught by fully qualified Black Belt instructor (DBS checked, First Aid trained, fully insured)

- **Q** Copnor Primary School
- (Tuesdays | 5:00 PM 6:00 PM
- Years 3 6
 Beginners Welcome!
- Reserve Your Child's Spot Today:
- Sensei Richard
- **C** 07747 393139

£6.50 Pay As You Go

Sensei Richard - 07747 393139