SOUTHERN KARATE ASSOCIATION

KARATE CLASS AT PETERSGATE INFANT SCHOOL



EVERY FRIDAY
3.15-4.15PM
£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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