

# **NON CONTACT KARATE TAUGHT BY FULLY QUALIFIED INSTRUCTORS**



**EVERYONE WELCOME  
FROM 4 YEARS OLD**



**WE TEACH TRADITIONAL KARATE  
ENCOURAGING CONFIDENCE, RESPECT,  
DISCIPLINE, SELF AWARENESS AND AGILITY IN  
A FUN & CONTROLLED ENVIRONMENT. ALL  
CLASSES ARE FRIENDLY, INFORMATIVE &  
CATER TO THE INDIVIDUAL NEEDS OF THE  
STUDENT.**



**CALMORE JUNIORS  
WEDNESDAYS 07.30AM – 08.30AM  
£6.00 PER CLASS – PAY AS YOU GO  
MEMBERSHIP REQUIRED AFTER FIRST CLASS £25 PER YEAR**

**MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: [WWW.SOUTHERNKARATE.ORG](http://WWW.SOUTHERNKARATE.ORG)**

**FOR MORE INFORMATION AND TO BOOK YOUR PLACE  
EMAIL: [info@southernkarate.org](mailto:info@southernkarate.org)**

**Tel: 07764 478507**



**Child Protection  
in Sport Unit**

