

Westminster Park Shotokan Karate

KUGB 
SHOTOKAN KARATE

Classes are for adults and children (from about the age of 5) Great for families (including parents!) to train together. As you progress you will be graded to different coloured belts until you eventually achieve that elusive black belt.

Karate provides self-defence skills, improves fitness, flexibility and coordination. Karate is also great for concentration, self-discipline and can reduce stress.

So come along and give us a try!



Training is at
Community Centre - Wednesdays
Scout Hall - Saturdays

www.wcsk.org.uk



Free karate class

For classes at
Westminster Park

Name(s):

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One voucher per person or family.

Free classes for new members only.

For more information contact:

Dave Craggs

07711009041

www.wcsk.org.uk

Sponsored by:

Contact Details

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| Name: | |
| Email: | |
| Address: | |
| Mobile: | |
| Home Tel: | |
| Work tel: | |

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