



MARTIAL ARTS FOR SCHOOLS

AFTER SCHOOL KARATE CLASS AT PADNELL INFANT SCHOOL

~~STARTING TUESDAY 12TH~~
~~SEPTEMBER 2015.~~

**3.15-4.15PM.
£6 A LESSON
(PAYABLE TERMLY).
EMAIL OR TEXT THE
NUMBER BELOW FOR MORE
INFORMATION & TO BOOK
YOUR PLACE:**

TEXT: 07837 072844
EMAIL: SKA.STACIMANNS@GMAIL.COM
FACEBOOK @SKA.MAIN

TEACHING

- ✓ Self Defence
- ✓ Confidence
- ✓ Co-ordination
- ✓ Awareness
- ✓ Etiquette
- ✓ Respect
- ✓ Discipline
- ✓ Behaviour
- ✓ Fitness
- ✓ Strength
- ✓ Control