

# LEARN KARATE

BE ABLE TO DEFEND  
YOURSELF

IMPROVE FITNESS

GAIN SELF CONFIDENCE  
ADULTS & CHILDREN  
WELCOME

FOR MORE INFORMATION CONTACT:  
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WEDNESDAY 6.30-7.30PM ASHBEECH  
PRIMARY SCHOOL

WE ARE GOVERNED BY  
AND AFFILIATED TO  
NAKMAS OFFICIAL  
MARTIAL ARTS AND RUN A  
SAFE KIDS CAMPAIGN  
ALONG WITH THE NSPCC

