

FAMILY • Established in 1984

Karate

FREE

* When you purchase your learners' membership.

All class teachers

CRB

CRB and Disclosure Bureau

checked

Children from 5 yrs old
Adult & Private (home)
tuition available



FREE 'Tryout' Lesson

(With this leaflet)



FREE Karate Suit *

ENROLLING NOW!

We welcome beginners, you do **not** have to have any previous experience, or have any degree of physical fitness...
You will be taught with patience and understanding.

Karate teaches self-defence and self-confidence – it also helps you get fitter. With your first lesson **FREE** and no obligation – why not bring a friend and give it a go!

■ **Fridays**

6:30pm - 8:30pm

The Small Sports hall,

Honywood School

Westfield Drive, Coggeshall

Essex CO6 1PZ

Ring for any further details...

07976 237061

