

www.mkkarate.co.uk.



Learn

Modern Karate

With

Mark Featherstone
23 Years experience
7 Times National Champion
3 Times National Club Champions

Come and learn a very realistic style of Martial Art which will give you a sense of well being and improved fitness. The English Contact Karate Association has been established for more than 30 years and is one of the largest and most successful Full Contact styles in the UK. The MK club has been one of the most successful clubs within the ECKA achieving many Competition successes throughout the UK. Many of the clubs students enjoy training without competing and benefit from all aspects of our training within a friendly environment.

In today's environment a martial art could help you in difficult situations by giving you confidence, awareness and self defence knowledge which will help to prevent you being the victim of a random attack.

So why not try a lesson and see if it changes your life!

****New classes available for the whole family in the following areas****

Oxley Park Primary School

Monday 6pm-7pm (Children), 7pm-8.30pm (Adults)

Holmwood First School

Great Holm (near Grebe pub)
Tuesday 5pm-6pm (Children)

Wavendon Gate Pavilion

Wavendon Gate

Wednesday 7pm-8pm (Children), 8pm-9.30pm (Adults)

Great Linford Memorial Hall

Marsh Drive Great Linford

Thursday 5pm-6pm (Children), 6pm-7.30pm (Adults)

Newport Pagnell Youth Club

Wolverton Road, Newport Pagnell

Sunday 11am-12pm (Children), 12pm-1.30pm (Adults)

Please contact Mark for more information.

MK 614078 or 07958 243686

www.ecka.co.uk