



# SAMA KARATE

## ORGANISATION



**NON CONTACT  
KARATE TAUGHT  
BY QUALIFIED  
INSTRUCTORS**

- **NO NEED TO BOOK – JUST TURN UP**
- **LOOSE COMFORTABLE CLOTHING REQUIRED TO BEGIN WITH**
- **£5 PER CLASS – PAY AS YOU GO**
- **NO DIRECT DEBITS OR CONTRACT**
- **EVERYONE WELCOME 4 YEARS+**

*We specialise in teaching traditional Karate encouraging confidence, respect, discipline, self awareness & agility instilling important values & life skills.*

**JESSIE YOUNGHUSBAND SCHOOL**  
**TUESDAYS 7.45AM – 8.45AM**

**07764 478507**

**www.sama-southwest.com**



Child Protection  
in Sport Unit



change  
4life

