



MARTIAL ARTS FOR SCHOOLS

AFTER SCHOOL KARATE CLASS AT BISHOP ALDHELM'S PRIMARY SCHOOL

STARTING FRIDAY 8TH
SEPTEMBER 2023.

3.15-4.15PM.

£6 A LESSON

(PAYABLE TERMLY)

EMAIL OR TEXT THE
NUMBER BELOW FOR MORE
INFORMATION & TO BOOK
YOUR PLACE:

TEXT: 07730 237292

EMAIL: SKA.BOURNEMOUTH@GMAIL.COM

FACEBOOK: @SKA.BOURNEMOUTH

NO
DIRECT
DEBITS

TEACHING

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