

SAMA KARATE

**Confidence, Respect, Discipline, Coordination,
Self-Defence, Fitness, and have FUN!**

Achieve Black Belt



Upper Beeding Primary School
Upper Beeding
FRIDAYS 3.30pm - 4.30pm

Child protection policy endorsed by the NSPCC
Fully insured and officially recognised
CRB Enhanced Police Checked
All Classes are PAY-AS-YOU-GO £5 per lesson
Beginners welcome any time
From 4 years Old

Sama Karate is a great Builder of Childrens confidence and concentration
There is no need to pre-book. dress your children in suitable clothing
for exercising and come along about 15 minutes prior to the start

Book your TRIAL lesson now Limited Spaces!

Tel: 01444 461 889
www.samasoutheast.co.uk