

KIDS KARATE

CLASSES HELD AT:

UPPER BEEDING PRIMARY SCHOOL
FRIDAYS 3.30pm - 4.30pm

- 👍 Learn self defence
- 👍 Increase fitness & strength
- 👍 Improve Self-Esteem & confidence
- 👍 Improve flexibility for good posture
- 👍 Improve coordination & flexibility
- 👍 Improve technique & skill components
- 👍 Improve your childs ability to focus, and have control
- 👍 Learn respect, discipline & courtesy for others
- 👍 Teach goal setting & patience
- 👍 Develop leadership and team skills

ACHIEVE BLACK BELT

 SAMASOUTHEAST.CO.UK / SAMAKARATE.COM
 01444 461889 / 07876 617 115

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SAMA Karate Southeast, I wish for my child to try SAMA Kids Karate:

Childs Name Age

Contact Telephone Class

Any current medication

Child will be sent home from School / Child will be collected from School

Parent / Guardian Signature Date