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Traditional KARATE classes here

In the Large Hall upstairs on **Mondays 5.30-7pm**, and in the Woodway Room on **Wednesdays 6.15-7.30pm**.

Classes are suitable for anyone who wants to get fitter, and learn this traditional method of self defence in a disciplined (and yet fun) atmosphere.

There will be warm-up full of exercise, practice of basic techniques, training with a partner and hitting the pads, as well as learning our set "forms" and the meaning of those movements.

Ages 5-85 are welcome.

If you require further information please call

01626 360999 or email

info@KarateAcademy.co.uk or take a look at our website www.KarateAcademy.co.uk but most importantly **Come Along and Try Our Classes.**



**Karate
Academy**

Instructors are CRB checked, insured, and have been training for a minimum of 4 years. We do not allow people to teach unless they are qualified Black Belts. We are members of the British Association for Martial Arts.



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