

# NON CONTACT KARATE TAUGHT BY fully QUALIFIED INSTRUCTORS



EVERYONE WELCOME  
FROM 4 YEARS OLD



WE TEACH TRADITIONAL KARATE  
ENCOURAGING CONFIDENCE, RESPECT,  
DISCIPLINE, SELF AWARENESS AND AGILITY IN  
A FUN & CONTROLLED ENVIRONMENT. All  
classes are friendly, informative & cater to the  
individual needs of the student.



**CALMORE JUNIORS SCHOOL**  
**WEDNESDAYS 07.30AM – 08.30AM**

£5.50 PER CLASS – pay as you go  
membership required after first class £24 per year

MANY MORE CLASSES TO CHOOSE FROM, FIND THEM ALL AT: [WWW.SOUTHERNKARATE.ORG](http://WWW.SOUTHERNKARATE.ORG)

FOR MORE INFORMATION AND TO BOOK YOUR PLACE

EMAIL: [info@southernkarate.org](mailto:info@southernkarate.org)

Tel: 07764 478507



Child Protection  
in Sport Unit

