

# KARATE

## BUTTSBURY JUNIOR SCHOOL KARATE CLUB

Karate class is **FRIDAY** after School (3:15pm – 4:00pm)

Our instructors hold nationally recognised coaching qualifications and are fully insured **BLACK BELTS!**

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There will be 10 sessions this term as follows:

September	20 <sup>th</sup>	27 <sup>th</sup>
October	4 <sup>th</sup>	11 <sup>th</sup> 18 <sup>th</sup>
November	8 <sup>th</sup>	22 <sup>nd</sup> 29 <sup>th</sup>
December	6 <sup>th</sup>	13 <sup>th</sup>

**The fee for the term is £50 and includes a FREE KARATE SUIT!**

Places are limited and will be allocated on a first come, first served basis!

Please book ONLINE:

[www.yushikai.co.uk/buttsbury-junior-school](http://www.yushikai.co.uk/buttsbury-junior-school)

We are looking forward to working with the pupils at Buttsbury and will be teaching a range of basic karate techniques as well as Kata (forms). Karate training will help your child develop self-confidence & self-discipline as well as improve their fitness and concentration!

