

Handbridge Shotokan Karate Club

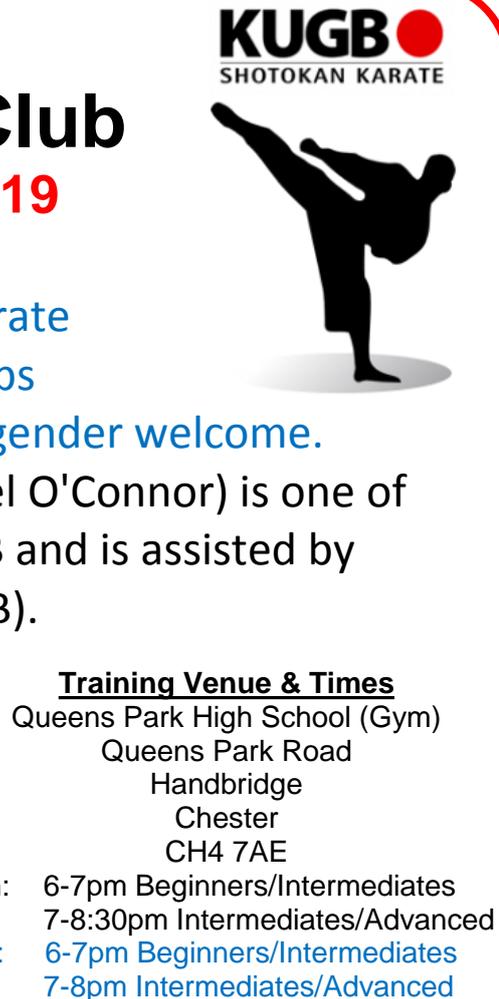
50 Year Anniversary 2019

Traditional Shotokan Karate classes especially for those returning to karate or wanting exercise, which also helps cognitive skills. All age groups and gender welcome.

Our Chief Instructor (Sensei Michael O'Connor) is one of only four 7th Dans within the KUGB and is assisted by Sensei Dave Roberts (3rd Dan KUGB).

Karate has many benefits including self defence skills, improved stamina, flexibility, strength, coordination and weight loss.

Evidence shows memorising moves in Kata helps both young and old to remember information, plus there is a great sense of achievement.



www.hskc.org.uk



***** Free Taster Session *****

Contact Details: (please bring completed slip to first lesson)

Name:	
Address:	
Email:	
Tel:	

For more information,
please contact:
Michael O'Connor
01244 319203
or
Dave Roberts
07841 710989

(photocopies accepted - colour or b&w - one free session per person/family)

KUGB SHOTOKAN KARATE

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