



### **Our Lady of the Rosary RC Primary breakfast Karate Club Classes**

Dear Parent /Guardian,

I would like to inform you that the karate classes will be held in School on **Wednesday mornings from 7.45am – 8.30am.**

The classes will continue from **15<sup>th</sup> September 2021.**

#### **What is Karate?**

Karate is a traditional martial art based on self defense and fitness but also promotes things like discipline, confidence, concentration, coordination, self control, courtesy, respect in general all aspects of character development.

#### **Kids Club**

The classes will be based on our kid's club format which is designed to cater for children from 4-12 years of age. It's a great fun way to introduce kids to karate in a low key but disciplined environment, the classes are run with emphasis on fun. They learn teamwork, cooperation and get the benefits of self discipline and concentration at the same time. The classes are action packed and the kids love them!!!

There are spaces available at the moment.

**Fees for September Start (14 weeks) will cost £70. Cheques can be made payable to Ho shin do karate. Please book on ASAP as spaces may be limited. This will include a free karate suit for new starters!**

To reserve a space or for more information please call Sensei Steve On 07708 497 223 or ask for details in the office.

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#### **Our Lady of The Rosary school Karate Club Classes**

Childs Name..... Parent/Guardian contact no.....

Age ..... Class .....