



日本空手道場

*Shotokan Karate School*

# *Shotokan Karate School*

2 Fardings Cottages, Terling CM3 2AL

Mobile: 07943 052 012

admin@shotokan-karate-school.com

**Weekly Shotokan Karate Classes return to Keble Prep School on**

**Tuesday 4th May and Wednesday 5th May 2021**

**Tuesdays – Years 3 & 4 – 9 classes in total  
Class ends at 4.40 pm – Collection outside Gym**

**Wednesdays – Years 5 to 8 – 9 classes in total  
Class ends at 5.00 pm – Collection outside Gym**

**There is a limit of 15 pupils allowed in each class and all children who attend will make their way to the school gym when they end their school day.**

**All students are asked to wear socks with grips or plimsoles, not trainers, as the lessons will no longer take place in bare feet.**

**The cost per lesson, per student is £6.00**

**For more information please contact Loui**

**By Email: [loui@shotokan-karate-school.com](mailto:loui@shotokan-karate-school.com)**

**By Phone: 07943 052 012**

## *Why Learn Karate & Self Defence....*

- Improve your self-confidence: not only by being able to protect yourself with physical action but, more importantly, having the courage to speak out when being faced with danger by reporting things like bullying
- Greater self-respect and for others too
- Improve your focus and concentration
- Understand of the causes of “feelings of aggression” and how to subdue them
- Goal setting and achievement
- Development of motor skills
- Better hand-eye coordination
- Improve balance and gravity-related skills
- Sharpen your reflexes
- Understanding the bio-mechanics of your own body and its limits
- Spirit of friendly competition without malice

*...and have fun doing it...*