



**Cavendish primary school karate club classes !!**

I would like to inform you that the karate classes will be held in School on **Mondays 3.20-4.20pm.**  
The classes will continue from **9<sup>th</sup> September 2024.**  
**2024.**

**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 In Year 1 to Year 6. Its is 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 Team work, cooperation and get the benefits of self discipline and concentration at the same time. The classes are action packed and the kids love them!!! The classes are action packed and the kids love them!!! There are limited spaces available at the moment.

**Fees will cost £70. We also provide karate suits at a cost of £30. Payments can be made payable to Ho shin do karate or via online banking NatWest account number 39082997 sort code 010531. Cash payments can also be made to the instructor. Please book on ASAP as spaces are limited!**

To reserve a space or for more information please call Sensei Steve On 07708 497 223

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Childs Name.....

Parent/Guardian contact no.....

Medical Conditions.....

Age .....

Class .....