

AFTER SCHOOL KARATE CLASS AT FAIRFIELDS PRIMARY SCHOOL

**DEBITS** 

STARTING FRIDAY 19TH
SEPTEMBER 2025.

PAY AS
YOU GO.
NO DIRECT

£6 A LESSON.

FOR MORE INFORMATION & TO BOOK YOUR PLACE USE THE CONTACT DETAILS BELOW:

EMAIL: SKA.BASINGSTOKE@GMAIL.COM FACEBOOK @SKA.BASINGSTOKE WWW.SOUTHERNKARATEASSOCIATION.CO.UK

## <u>TEACHING</u>

- Self Defence
- Confidence
- Co-ordination
- Awareness
- Etiquette
- Respect
- Discipline
- Behaviour
- Fitness
- Strength
- Control