

After School Karate Club

In Partnership with

Sheffield Dragons

Working with instructors from Sheffield Dragons Karate Club you will learn a variety of skills and techniques to introduce you to karate. In these fun, energetic sessions you will be taught a range of self-defence skills whilst enhancing your fitness and self-confidence.

Suitable for beginners

**Start Date: Tuesday 16th January
(4 Weeks)**

When: After School (45 mins)

Cost: £6

Who is it for? Year groups 2 - 6

Please complete the registration form on the reverse page.

If you have any questions or require further information please see school reception or alternatively call John Bell on 07717733261.

