



Kids Kyokushin Karate



A fun introduction to karate for children aged between 5 and 7 years of age.

A fantastic way to keep fit, make friends, learn aspects of self defense, help beat bullying, help discipline and to 'have fun'.

Be taught by a former World Champion and Great Britain Coach. Instructors are fully CRB checked and qualified first aiders.

Classes are held every Wednesday during the school term time.

Please wear a plain white t-shirt and black bottoms. Also bring a bottle of water. Karate uniforms are optional.

Venue - Studio 2 Loughborough Leisure Centre, Browns Lane, Loughborough, LE113HE

Classes on Wednesdays 6.15pm till 7:00pm

Limited Spaces

Please book early to avoid disappointment.

Contact - Sensei Sunil

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email sensei@loughboroughkarate.co.uk

website: www.loughboroughkarate.co.uk