Training at: Newland’s School
Maidenhead

“Traditional Karate training with FUN!”

Monday Training:
JUNIOR class 6.30pm
SENIOR class 8.00pm

What can I learn by joining?
- Self Defence
- Physical Fitness
- Balance and coordination
- Health and fitness
- Discipline
- Self Confidence and Self Respect
- Learn Conflict Resolution
- Learn to Breathe

IT’S FUN TOO!

Instructors are DBS/CRB checked

Steve Langbridge
Black Belt 5th Dan
U.K.A.S.K.O awarded instructor for 6th year.

For details call: 01494 863949

See website for further information www.sbka.co.uk