



HARROGATE
日本空手松涛連盟

Harrogate Shotokan Karate Club

*Family karate and self defence classes for both
children and adults*

To Parents/Guardian,

Zoe Price from Harrogate Shotokan Karate club came in today to let all the pupils of Western Primary School know that Harrogate Shotokan are inviting any brand-new students to join our Karate and self defence class. The good news is that we are bringing the fun to you; our classes run nearby every Tuesday 6pm-7pm adult and children's beginners and a Friday evening 5.30pm-6.25pm kids only at the Harrogate High School on Ainsty Road. We would like to invite all pupils aged 4 and above to get involved in this fantastic sporting activity. Be quick to book your place as there are a limited number of spots available on our Beginners' Introductory Course for those interested in benefiting from the following:

- Learning basic self defence techniques (blocks, strikes and kicks)
- Improved fitness, flexibility and self confidence
- Better co-ordination
- Making new friends and having fun whilst you learn
- Starting on that road towards the **BLACK BELT!!!!!!**
- Above all, we strive to improve our students' motivation and self discipline!

We are offering the families of Western Primary School a fantastic opportunity to become part of our World-Famous club. We are offering Free classes through out January! Parents and siblings are also welcome to train.

The Class Instructors are Sensei Matt Price and Sensei Zoe Price. Both are friendly, well experienced, and excellent with beginners. The instructors have been DBS checked, and child protection trained.

If you would like to enrol your son/daughter onto our Beginners' Introductory Course, we would ask that you contact Zoe Price to book your spot.

zblackb@aol.com

07864888149.

We will allocate 10 places per session on a first come first served basis for the first 20 enquiry's.

If you could send the following info when booking your spot

Name(s): _____

Date of Birth: _____ Your contact number: _____

Relevant Medical info: _____