

After-school childrens karate & martial arts at Barnes Farm Junior School

- Help improve fitness?
- Learn valuable Self Defence Skills?
- Help improve confidence?
- Make great new friends?
- Help improve concentration and discipline?
- Enjoy a hobby that increases physical activity?



**Come and join us anytime!
every Friday after-school till 4.30pm
Infants & Juniors welcome over 5 years old
Normally 10-12 sessions per term
paid termly in advance**

Aiki Shotokan Karate

☎ **07976 159696**

💻 **admin@aiki-shotokan-karate.co.uk**

aiki-shotokan-karate.co.uk