

Adult Beginners Karate Course

Come and learn this fascinating Art

Okinawa Goju Ryu Karate-do

What will you gain?

New Fitness Levels

Have Fun

Increase Confidence

Self-Awareness

Meet New friends

Where? Sports Hall Katherine Warrington School Lower Luton Road Harpenden Hertfordshire AL5 5FH

Date: Thursday 12 May 22

Timing 7pm till 8.30pm

Contact: 07581-350-159

Email: ewsidrivingschool@gmail.com

Sensei Michael Hollingbery 6th Dan OGKK

**Come on a Journey with us for a
13-week beginner's course**

