

LEARN

KARATE

KAI SHOTOKAN KARATE



Learn a valuable life skill & improve fitness

We offer:

- **Karate classes for children and adults**
- **Self-defence expertise**
- **Improved fitness and flexibility**
- **A welcoming, family-friendly environment**

**Our instructors are DBS checked, first aid & safeguard trained
and recognised NAKMAS qualified & insured instructors**

Class locations

Monday:- The Trinity Methodist Church, Codsall. WV8 2ER

Wednesday:- Woodfield Social and Sports Club, Penn. WV4 4AF

Thursday:- Wolverhampton Grammar School. Compton. WV3 9RB

Friday:- Colton Hills Community School. Goldthorn Hill. WV4 5DG

Sunday:- Colton Hills Community School. Goldthorn Hill. WV4 5DG

See website for class timetable

Contact us to start your FREE trial!



Search "Kai Shotokan Karate"

t 07963 511233

e info@kaishotokankarate.co.uk

w www.kaishotokankarate.co.uk



SCAN ME