

LEARN KARATE

TEACHING SELF-ESTEEM THROUGH SELF-DEFENCE

Exclusively at **Enfield Heights Academy**
Thursday After School Club



Learn Wado Ryu Karate Excellent for

Self defence
Fitness
Co-ordination
Discipline
Respect
Behaviour
Self Control



Enfield Heights Fee's

Thursday After School

Year groups: Rec, 1, 2, 3, 4, 5 & 6

Class time 3:15 - 4:00pm

Beginner Cost: £35 per month
(Limited spaces available)

Register at the link below:

We offer

Regular Gradings (local)
Regular Competitions
School Holiday Camps
Acceleration Courses
Social Events

Fully Insured
DBS Enhanced Checked
First Aid Qualified
**Taught by Former England
International**

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 JHKA Karate

 @jhkakarate

JHKA.CO.UK/ENFIELDHEIGHTS