

努力  
報  
酬

# **SOUTHERN MARTIAL ARTS**

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## **Karate Lessons**

**Thakeham Primary School**

**Tuesdays Before School 8am**

**Learn traditional karate in a relaxed and  
fun environment.**

**Beginners welcome any time**

**Pay as you go - £5.50**

**Self Defence**

**Flexibility**

**Fitness**

**Control**



**Awareness**

**Co-ordination**

**Discipline**

**Etiquette**

**To book a space contact**

**07470449420**

**[sophiewest.southernmartialarts@gmail.com](mailto:sophiewest.southernmartialarts@gmail.com)**