

ZOKU SHOTOKAN KARATE

Exercise & Flexibility
Self-defence
Concentration
Balance & Co-Ordination
Release Stress



Adults, Children & Families
Have fun & make friends
Discipline & Etiquette
Self Confidence & Self Esteem
Achieve goals & personal bests

Baldock Clubs

Tuesday, Thursday, Sunday
6pm 6pm 5pm

Whitwell Club

Wednesdays 6pm

Symonds Green

Fridays 6.30pm

Ickleford Club

Wednesdays 6.30pm

Instructors

- DBS Enhanced Police Checked
- Fully Insured
- First Aid Trained by British Red Cross
- Qualified Instructors through the MAIUK Programme
- Affiliation by MASA (Martial Arts Standards Agency).
- Over 20 years teaching karate

空手道



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ZOKU

