



HASLEMERE KARATE CLUB

Want to get fit but bored of the gym?
Want to meet new people?
Or just try something a bit different?
Karate could be for you!

THURSDAYS
7PM-8PM
Haslewey
Community
Centre



Karate is a martial art system in which all the possible parts of the body and all the possible movements which the human body can perform are used – making it great for fitness as well as your concentration!

Wadokai karate is also easily adapted for self defence. You don't have to be strong and it suits all ages and abilities.

Female black belt instuctor

Our aim is to promote self confidence, fitness, discipline and self defence

Students can progress at their own pace

First lesson is free – so come and give it a try



For more details
phone Lorna on
07810 622093
or go to
www.premierwadokai.com