

SAMA KARATE

**Confidence, Respect, Discipline, Coordination,
Self-Defence, Fitness, and have FUN!**

Achieve Black Belt

Upper Beeding Primary School

Upper Beeding

FRIDAYS 3.30pm - 4.30pm

Child protection policy endorsed by the NSPCC

Fully insured and officially recognised

CRB Enhanced Police Checked

All Classes are PAY-AS-YOU-GO £5 per lesson

Beginners welcome any time

From 4 years Old

Sama Karate is a great Builder of Childrens confidence and concentration

**There is no need to pre-book. dress your children in suitable clothing
for exercising and come along about 15 minutes prior to the start**

Book your TRIAL lesson now Limited Spaces!

Tel: 01444 461 889

www.samasoutheast.co.uk