

# KIDS KARATE

**CLASSES HELD AT:**

**UPPER BEEDING PRIMARY SCHOOL  
FRIDAYS 3.30pm - 4.30pm**

- 👍 Learn self defence
- 👍 Increase fitness & strength
- 👍 Improve Self-Esteem & confidence
- 👍 Improve flexibility for good posture
- 👍 Improve coordination & flexibility
- 👍 Improve technique & skill components
- 👍 Improve your child's ability to focus, and have control
- 👍 Learn respect, discipline & courtesy for others
- 👍 Teach goal setting & patience
- 👍 Develop leadership and team skills

## ACHIEVE BLACK BELT

 **SAMASOUTHEAST.CO.UK / SAMAKARATE.COM**  
 **01444 461889 / 07876 617 115**

✂.....  
**SAMA Karate Southeast, I wish for my child to try SAMA Kids Karate:**

**Childs Name** ..... **Age** .....

**Contact Telephone** ..... **Class** .....

**Any current medication** .....

**Child will be sent home from School** ☐ **/ Child will be collected from School** ☐

**Parent / Guardian Signature** ..... **Date** .....