

Please help yourself to one of the small leaflets!

Are you or your children
looking for.....

- Fitness?
- Self Defence Skills?
- Improving confidence?
- New friends?
- Improving discipline?
- Or just something new?



....then start learning traditional karate at Barnes Farm Juniors

Aiki Shotokan Karate

- Monday evenings 5.50-7pm

Children and adults 5-70 years old. £5 per session.

- Wednesday evenings 5.50-7pm

Children and adults 5-70 years old. £5 per session.

- After-school club Children over 5 yrs only.

Friday afternoons straight from school till 4.30pm

Normally 10-12 sessions per term

£5 per session (paid termly in advance)

Other venues around Chelmsford



空手道場合気松濤館

KARATE DOJO AIKI SHOTOKAN

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