**Karate Classes** 



All ages welcome

Every Wednesday 15:30 – 16:30

West Leigh School

Learn traditional Martial Arts We promote: Discipline, self-defence confidence, self-motivation, and fitness for <u>all ages</u>

> Contact Shihan Pete Wright Qualified 7<sup>th</sup> Dan Black Belt Goju Karate Instructor (Over 30 years teaching experience)

Mobile: 07896 262 258 Email: <u>southendgojukai@hotmail.com</u>

Surprise yourself! <u>www.zanshinryu.co.uk</u> Other times and locations available see website for details!