



Dear Parents,

After a successful first year at Princefield, we will be back again in the new term. Our classes start back on the 6th September. We have limited slots which will be available now on a first come, first served basis. If you would like a slot for your child, then please contact us on 07493810010 or ryushotokankarate@hotmail.com

Sessions will run from 15:15 – 16:15 every Friday and the cost for the term is £35.

Classes are instructed by international coach and former international athlete Mike Carr 4th Dan head coach of Ryu Shotokan Karate. Sensei Mike Carr has a wealth of knowledge having been a former international competitor and is the current British Champion. He is also enhanced DBS checked, safeguarding trained, first aid trained and a current EKF registered and WKF registered coach.

Our sessions help with confidence, coordination, discipline, social interaction, and mental and physical wellbeing. Doing this in a safe and controlled environment to help encourage growth and fun.

Ryu Shotokan has been running for 12 years. In that time, it has created regional, national British, International and commonwealth champions. As well as that, Ryu boasts England Squad members.

If you can't attend on a Friday after school, we run a Saturday class at Penkridge Leisure Centre which runs 1pm till 2pm.

Many thanks

Sensei Mike Carr 4th Dan

Head Coach

Ryu Shotokan



www.ryukarate.co.uk

ryushotokankarate@hotmail.com