

Glenurquhart Karate Club



Karate Classes for Children

A new Beginner's Class starts

Friday 11th January: 12:15 – 13:15pm

at

Glenurquhart Primary School Hall

Come along and try!

This class is suitable for school children from P1 – P7.

New members can come along for a FREE TRIAL on Friday 11th January

Contact : Dolina Ross: 07907747748

In addition to developing physical fitness, self-defence and safety skills, our karate program also helps your child build confidence, focus and respect for oneself and others.

Children who study karate often show significant improvement in concentration and self-discipline — both in school and at home.

Karate is also one of the few sports in which every child can fully participate at their own pace.

Students will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one's training. From the first day of class, values of respect, courtesy, control and discipline are instilled in every student. Instructors provide training that is interesting and challenging while reinforcing these important values.

**A new ADULT BEGINNERS class starts at the Craigmonie Centre on Friday from 6-7pm
Women and Men are invited to come along and try. Get fit and healthy, make new friends and learn self-defence. New Year – New You!!**