

FOREST Karate Club (Totton and Eling)
A member of the Rengokai Karate Organisation and NAKMAS

KARATE LESSONS

COMMENCING 5TH FEBRUARY

***Totton and Eling Community Centre
Library Rd, Totton, SO40 3RS***

INSTRUCTORS

Sensei Zerina
4th Dan

Sensei Sheryl
2nd Dan

Insured, DBS checked and Level 2 Safeguarding certificate holders

Saturday Afternoons

1:30 - 2:15 pm
(under 12's)

2:30 - 3:30 pm
(12+, adults, families)

All Levels Welcome!

For more information:

PHONE Zerina 07908 091531 | Sheryl 07971 256007

EMAIL Merv O'Donnell (8th Dan) at mvodonnell@hotmail.com