



HARPENDEN

BRITISH MARTIAL ARTS & BOXING ASSOCIATION

KARATE CENTRE

**KARATE PROMOTES SELF- DISCIPLINE, DEDICATION & DETERMINATION
MARTIALS ARTS INSPIRES AND BUILDS RESILIENCE IN YOUNG CHILDREN**



**TRADITIONAL MARTIAL ARTS, COMPETITION & FITNESS TRAINING.
DEVELOP STAMINA, CONFIDENCE, STRENGTH, COORDINATION & AGILITY.
MARTIAL ARTS TRAINING CAN ENHANCE LISTENING, MEMORY & MOTOR SKILLS.**



**MAPLE PRIMARY SCHOOL- ST ALBANS
TUESDAY APRIL 23rd 3.15- 4.15 to TUESDAY JULY 9th
CALL: 07973 692664.**

<https://harpendenkaratecentre.co.uk/>

Go to 'Contact us' and complete the form. In the query box add 'Place at Maple Afterschool Club'

Cost - £85.00

Independent Traditional Goju- Ryu & Sports Karate Club. BMABA members, Safeguarding, DBS, 1st Aid.