



KOKORO KARATE DOJO

Kokoro is a Japanese word meaning mind, body and spirit



Mind

Confidence
Self Control
Problem Solving
Memory Retention
Adaptation



Body

Fitness
Endurance
Coordination
Balance
Flexibility



Spirit

Respect
Humility
Patience
Integrity
Perseverance

Traditional Shotokan Karate

Fitness *Confidence* *Fun* *Respect* *Concentration* *Coordination* *Control* *Self* *Self defence* *Flexibility* *really works that*

The first session will be free of charge and then £6.00 each per session which is payable monthly by bank transfer to; sort code: 771521 // Account number: 07399860 // Account name: Timothy Wood // Bank: Lloyds (an insurance / licence book will also be required which costs just £25.00 per person per year)

To comply with Covid19 training rules the classes will be limited to 15 students and socially distanced with temperature scanning on entry and hand sanitiser available

After School Karate Club

Coming to **St Cuthberts School** Great Glen



KS2 on Mondays from 3.40 to 4.40 starting on Monday 10th May

KS1 on Wednesdays from 3.40 to 4.40 starting on Wednesday 5th May

Your instructor Sensei Tim is a 3rd dan Black belt in Traditional Shotokan Karate, he is DBS checked, first aid trained and has a wealth of karate knowledge and experience to share with you

Please confirm your childs place by completing the attached pre-training questionnaire and emailing or Whatsapping it along with any questions you may have to the contact details provided below

Contact:



Tim Wood

Call / Text:



07711 144 853

Email:



tim.wood4.tw@gmail.com

Web:



www.kokorokaratedojo.com



Please note: All photographs were taken before the Covid 19 pandemic