



Junior Karate at the Bank of England Sports Centre with London Karate

London Karate is one of the largest children's karate organisations in Britain with more than 800 students aged 4 years and over.

London Karate encourages children to learn by teaching and taking responsibility for helping less accomplished students, which develops self-esteem, patience and confidence preparing happy confident young adults. The teachers are experienced in teaching children with disabilities including Asperger's, Down's syndrome and attention deficiency amongst others.

Teaching is firm but gentle with three key rules for beginners: good manners, self discipline, and respect for parents and teachers.

Classes are structured for all abilities and ages with initial classes focussing on coordination skills and behaviour.

London Karate provides classes to children aged 4yrs and above at the Bank of England Sports Centre on Friday afternoons and new students can take up a free trial session!

For more information visit www.londonkarate.co.uk or telephone 07538 497798

