



# Karate

Your chance to make new friends, increase your confidence and self esteem, learn a new skill, become fitter and healthier, learn about respect and discipline, while having tons of fun!

For young people age 8 and over

**Free**

**Thursday Evenings**

**Beginners 6pm-7pm**

**Advanced 7pm-8pm**

**Welcome Point**

**134 South Street**

**EN3 4QA**

Contact Gill Harmer for more information

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Working together for a safer London