



ZANSHIN KARATE



Sunday

10.30-12 00 for family training
at Champions Manor Hall, Hullbridge Road,
South Woodham Ferrers, CM3 5LJ

Wednesday

6.20-7.20 for family training
7.30-9.00 recommended for adults and higher grades (but all welcome)
in the Sports Hall in the Recreation and Fitness Centre at the
Writtle University College, Lordship Road, **Chelmsford**, Essex CM1 3RR

Thursday

6.00-7.00 for family training
7.00-8.00 recommended for adults and higher grades (but all welcome)
held in Gym 2 at the **South Woodham Ferrers** leisure centre, CM3 5JU

For more information and for prices call Kirsty on **07846 017863**

ALL WELCOME *2 week free trial for all new students*

Zanshin Karate prides itself on being a family club where students as young as five years of age can train alongside their parents, or grandparents. Karate is one of the most well-known martial arts and is a great choice for basic self-defense and exercise. Karate training promotes self-defence and fitness, it also promotes discipline, confidence, inner security and character development.