

**Potten End Church of England Primary School**

# **Goju-Ryu**

## **Traditional Karate**

**Karate classes are coming to the school on Tuesdays afternoons, in the main hall starting for the summer term.**

**Classes are open for years 2 to 6 and will run from 3:15 to 4:15 at a cost of £7.00 per child, per class. No additional kit is required.**

**The benefits of karate include:**

- Self-defence
- Improved coordination
- Increased physical and mental activity
- Developed focus and discipline
- Increased confidence and improved self-esteem.

With over 45 year's martial arts experience, Mr Keegan (instructor) has been running the classes at local primary and junior schools in the area since 2010 and is a 6th Dan black belt in Okinawan Goju-Ryu.

Classes are above all else fun for the children attending and provide a safe environment to learn a fascinating new skill.

For more information or to book a place, please contact Mr Keegan at [alan.keegan1205@gmail.com](mailto:alan.keegan1205@gmail.com)

