

Potten End Church of England Primary School

Goju-Ryu

Traditional Karate

Karate classes are continuing at the school on Tuesdays afternoons, in the main hall for the autumn term.

Classes are open for years 1 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

