



London Wado Ryu Association

Saturday Classes

Location: Queen's Park Community School (QPCS)
Time: Saturday 10.00 am to 12.00 midday
(beginners from 10.00 am to 11.00 am)

What are our aims ?

- To teach self defence, awareness and avoidance of potential hazardous situations.
- To teach the fundamentals of Karate and promote Martial Arts

Equal Opportunities?

- Membership is open to all regardless of nationality, race, ethnic origin, gender or religious opinions..

What are the benefits?

- Classes will increase self-confidence, self-esteem and self-control.
- Training will improve an individual's speed, timing, awareness and mobility.
- As in most martial arts, karate will improve strength, stamina and suppleness.
- Development of a positive mental approach.
- Some students will be trained to enter competitions.
- Other benefits include sociability, integrity and concentration.

*For a free introductory lesson,
bring the QPCS Newsletter by the end of September*

For further information please contact enquiries@lwra.co.uk