

**FULL TIME
PROFESSIONAL
INSTRUCTOR!**

**FUN AND
EXCITING
CLASSES!**

KARATE

Free trial



All classes taught by Master John Gannon 5th Dan Black Belt, with over 30 years experience.

Come along and join in a class, or for more information contact John on 07973942243.



IMPROVES:

- FOCUS
- CONCENTRATION
- SELF ESTEEM
- CONFIDENCE
- SELF DEFENCE
- COORDINATION

**LOCAL BEGINNERS CLASSES AT:
The Cedars Academy
(LE4 4GH)
6:30pm - 7:30pm (6 Years +)**

John Gannon's

Schools of Karate