

BSGI Karate Club



Karate Classes for Children – taught in Gaelic

A new **Beginner's Class starts**

Wednesday 16th January: 3.30 – 4.30pm

at

BSGI School Hall

Come along and try!

Contact : Dolina Ross: 07907747748

In addition to developing physical fitness, self-defence and safety skills, our karate program also helps your child build confidence, focus and respect for oneself and others.

Children who study karate often show significant improvement in concentration and self-discipline — both in school and at home.

Karate is also one of the few sports in which every child can fully participate at their own pace.

Students will learn the basic strikes, blocks, kicks and stances used in karate training. This fundamental training also strengthens and prepares the body for the more difficult techniques ahead in one's training. From the first day of class, values of respect, courtesy, control and discipline are instilled in every student. Instructors provide training that is interesting and challenging while reinforcing these important values.

This class is suitable for school children from P1 – P7.

New members can come along for a **FREE TRIAL** on Wednesday 16th January