



KAISHI KARATE SCHOOL

St Theresa's Catholic Primary School is offering your children the opportunity to attend karate classes. Karate is not about fighting but in fact the very opposite: how to avoid conflict and defend yourself. Confidence comes from knowing that you can take care of yourself.

Give your child the opportunity to help them develop their self-discipline, self-defence skills, gain confidence, become fitter, healthier, stronger, and most importantly, have fun while doing it.

Classes will cover a range of activities, such as fitness, flexibility, developing coordination, games, stories, teamwork, as well as learning the punching, blocking, and kicking techniques of karate. Opportunities to grade and move up the belt ranking system is available at the end of each term for members.



The classes will be taught by Sheena Amin (3rd WSK) pictured.

Sheena has been teaching karate for 12 years and is the owner of Kaishi Karate School who are affiliated to Karate England. Sheena already teaches adults and children in North London, is DBS checked, 1st Aid Qualified, safeguarding trained, has coaching certificates and has full Instructors' and Company Insurance cover.

The new ten week after school term starts on 17th January 2022 from 3.30-4.30pm each Monday. The ten week term is £70 and is due in advance of the term starting in order to book your space.

If you would like more information, then please feel free to call or e mail me and I will be more than happy to answer any questions. If you would like your child to attend, please complete the attached form and return it to me at info@kaishikarateschool.com

Very best wishes and I'm looking forward to seeing your child in class.

Sensei Sheena

Tel: 0787 550 1674

www.kaishikarateschool.com

<https://www.facebook.com/SheenaKaishikarate/>



Kaishi Karate School has been awarded the safeguarding code by Sport England.

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I would like my Child to attend the Kaishi Karate School after school club from 10th January 2022:

Child's Name: _____

Year Group: _____

Name of Parent or Guardian: _____

Contact Tel No: _____

E Mail: _____

Emergency Contact Name & Number if different: _____

Any relevant medical Information:

This information will not be used for any other purpose but in connection with the Karate School and not passed onto third parties outside of the Karate School.
