

# Boars Martial Arts Clare

## Junior Karate



- **When:** 5.30pm every Tuesday of the school term.
- **Where:** The Valley's Lifestyle Centre in gymnasium.
  - **Come and try 1 x free session.**
- Training includes karate, kickboxing, boxing, escape and release techniques, holds and grappling.
- At our classes we help children to develop key areas such as - listening, goal setting, confidence and leadership.
  - Students address self-defence strategies from day 1 of training.
- Students learn and train whilst incorporating one essential element - **HAVING FUN.**
  - **Contact Darren Gangell on 0408 716 640 or Paul Salter for more information on 0447 423 985**