



*Traditional  
Wado-Ryu Union*

Carnforth Karate  
Club



**CARNFORTH CIVIC HALL  
EVERY FRIDAY 7-9PM**

**FIRST SESSION FREE!!!!!!!!!!**

**BENEFITS INCLUDE:**

- 1. STOP BULLYING**
- 2. GAIN CONFIDENCE**
- 3. LOSE WEIGHT**
- 4. GET FIT**
- 5. SELF DEFENCE**
- 6. MEET NEW PEOPLE**

**AND MUCH MUCH MORE!!!!!!!!!!!!!!**

**COME AND VISIT US AT ANY TRAINING  
SESSION**

**OR CALL:**

<b>CHRIS</b>	<b>07739669326</b>
<b>ROLANDE</b>	<b>07831896541</b>

**[WWW.CARNFORTHKARATECLUB.CO.UK](http://WWW.CARNFORTHKARATECLUB.CO.UK)**