



KOSHIDO-RYU KARATE CLUBS

Founded by Dave Warburton 1978

Members of the



SHUKOKAI SHITORYU KARATE ALLIANCE

All our clubs run beginners and advanced classes for students who want to learn this exciting sport. All SSKA instructors are part of an ongoing instructor training programme and are CRB checked.

Shukokai Karate is a traditional form of karate which combines power and speed to create an effective self defence system which helps to improve physical fitness and mental discipline.

Children's Karate

We provide classes within a safe environment focusing on self-discipline, confidence building and fitness, enabling children to learn this challenging sport.

Adults - (Male and Female)

All our classes focus on self-defence, self-control, confidence building and general all round fitness. We cater for students who simply want to;

- Keep Fit
- Develop a Martial Art Skill
- Learn Self Defence
- Compete In Club & International Competitions



**Karate teaches respect, discipline, concentration, self-defence and self-control.
All our clubs provide a safe and fun environment in which to learn this exciting sport.**

Koshido-Ryu Karate Clubs welcome people of all abilities aged 4 years and upwards.

Why not come down to one of our classes for a FREE introductory lesson.

Juniors: 4 – 12 yrs. Seniors: 13-18 yrs. Adults: 18+



		Middlewich Community Centre	Winsford The Den	Middlewich High School (Drama Studio)	Winsford The Dingle Centre	Knutsford Anytime Fitness
Monday	Mixed Class	6:00pm – 7:00pm				
Tuesday	4-5yr olds Juniors Seniors & Adults		5:15pm – 6:00pm 6:00pm – 7:00pm 7:00pm – 8:15pm			
Wednesday	Mixed Class			6:00pm – 7:00pm		4:30pm – 5:30pm
Thursday	Juniors Seniors & Adults		6:00pm – 7:00pm 7:00pm – 8:15pm			
Friday	Mixed Class				5:30pm – 6:30pm	4:30pm – 5:30pm

Call one of our highly qualified Instructors today for more information

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