



# Reading Karate

0777 625 8366

[www.readingkarate.co.uk](http://www.readingkarate.co.uk)

Reading Karate: Increasing Confidence, improving fitness since 1997

Learn Traditional Japanese Shotokan Karate

## Beginners FREE Lesson



Come and join us on  
Monday 7th October  
at The Forest School

visit [www.readingkarate.co.uk](http://www.readingkarate.co.uk)  
for more details

Forest School  
Winnersh  
Mondays  
7.30-9.00pm

Nick Forgham  
4th Dan Instructor  
0118 935 2695  
0777 625 8366



### JUNIORS

Learn self defence  
Increased self confidence  
Better concentration  
Improved co-ordination

### ADULTS/PARENTS

Increased fitness  
Lose weight  
Reduce stress  
Increased flexibility

Watch us at [youtube.com/user/ReadingKarate](https://www.youtube.com/user/ReadingKarate)

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