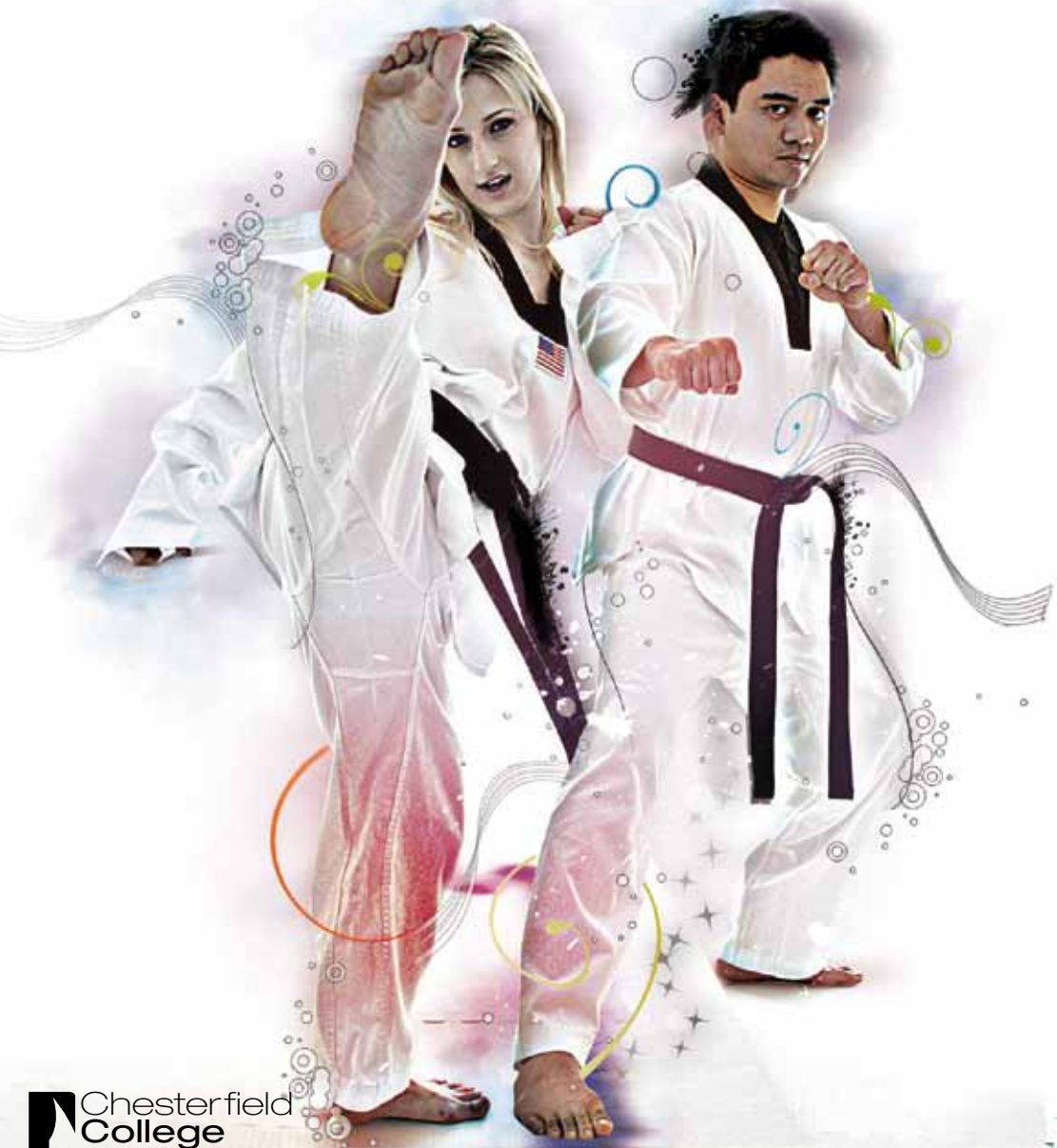


KARATE KICKBOXING & SELF DEFENCE @ Chesterfield



EVERY FRIDAY 6-7PM CHESTERFIELD COLLEGE CLOWNE CAMPUS

Fraser Mallen and Dave Cartawick of the British Karate and Kick Boxing Association are now welcoming members of all ages and abilities to Karate and Kick Boxing classes.

Whether you want to just lose a few pounds or become an international standard fighter, the classes provide the fitness, discipline and strength required to achieve your goals.

Becoming a member will improve self confidence and introduce you to a whole new group of friends whilst providing a high-level of skill, stamina and humility. Each new member will also be presented with a free martial arts suit upon enrolling.

Fraser and Dave are fully insured, enhanced CRB checked and First Aid trained.

**FOR MORE
INFORMATION
CONTACT DAVE
07768 727722
dmcartawick@btinternet.com**