

# Enrichment @



## Activity

Karate for all abilities and ages. Join us to increase your fitness, raise your self esteem, gain confidence, or for fun. Kicks, Kata, Kumite (fighting) and Self Defence, Regular gradings at the end of each term. Become a Black Belt with Phoenix Karate.

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



## Contact

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