



現實的
Genjitsuteki
karate club

mhkarate.com

Wado Ryu Style Karate Training
up to and beyond Black Belt

Affiliated to the Amateur Martial
Association

Learn Self Defence Through
Practical Applications of Karate
Techniques

Train in a Relaxed Friendly
Atmosphere

Increase Your Fitness Levels

Great Exercise for Children and
Adults of All Ages



Wednesday
7.00p.m.-8.00p.m.
!4 yrs upwards.
West Park School
Spondon
DE21 7BT
01332 662337

Malcolm Hewitson 3rd Dan
Chief Instructor
mobile: **07500 427228**
email: info@mhkarate.com

All classes are £3.00 per session

Thursday
7.00p.m.-8.00p.m.
Ages 8-14 yrs
Ashbrook Infant School
Borrowash
DE72 3HF
01332 673785