



# Karate Classes

Karate for children and young people (ages 6 and up)  
who have additional needs/disabilities and their siblings.

If your child requires one to one support,  
carer/parent must stay to support them



**Every Friday**

**6:30pm – 7:30pm (TBC)**

Adswold Young People's Centre,  
Neston Grove, Stockport SK3 8PH  
(behind Adswold Primary School)



**Classes will be a combination of Shotokan  
& Goju-Ryu karate and self-defence**

Stamina / Self-defence / Balance / Agility / Self-discipline / Fitness



**For more information**

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