



Karate



Loughborough Karate Academy est. 1974

LKA Instructors: Gary 6th Dan Renshi, Phil 6th Dan,
Tracey & John 4th dans

All NGB Qualified/Insured Sports Coaches & DBS Certified

New Starter's always Welcome

at Tesco Community Room, Rear of Tesco Extra
Store, Loughborough, Leics. LE11 2EX

Children over 6yrs Thursday & Friday 5:15-6:45pm

Adults Thursday & Friday 6:45-8:15pm

Learn both exciting Olympic-style sport karate and traditional Shito-ryu karate.
Beginners, returners & other martial arts stylists welcome, just bring loose clothing.

For further information please contact:

Gary 07742 587 326 gary.hoyle01@gmail.com

or Phil 07837 879 404 phil.c.holding@gmail.com

<https://www.facebook.com/groups/loughboroughkofukan/>

<https://sites.google.com/site/kofukankarateloughborough/>

<http://www.kofukankarate.com>

LKA is a 'Not for Profit' group managed by volunteer, but professional coaches giving their time freely to deliver sessions for your personal development. Build fitness, flexibility, stamina, strength, motor skills, self-defence skills, self-discipline, agility, confidence, plus improve self-esteem & your mental health.

