

YORK KARATE ACADEMY AFTER SCHOOL KARATE CLUB (Yrs 3 - 4 - 5 - 6)

CLIFTON with RAWCLIFFE JUNIOR SCHOOL

1st HALF AUTUMN TERM 09 (6 wks) - Starts Mon 14th Sept - 3.30 to 4.30 Course fees - £18

Fitness - Flexibility - Sport - Self defence - Confidence - Co-ordination - Concentration and FUN

Mr Mendham is a 4th Dan Black belt with the JKA & has taught 600 pupils in the last two academic years for the JSSP (Jorvik Schools Sports Partnership). Full CRB certificate & City of York coach for Karate.

For more info: Tel - 01904761260 Mob - 07930853555 Web - www.york-karate-academy.co.uk

Please fill in the form and return to School reception ASAP with cheque made payable to: Paul G W Mendham

School Name

Parent/Guardian TEL No Emergency No

E-mail Medical Conditions