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# DART KARATE CLASSES

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[WWW.DART-SELFDEFENCE.COM](http://WWW.DART-SELFDEFENCE.COM)



**STRIKING  
GRAPPLING**

**GROUNDWORK**

**KICKING  
THROWING**

*DART* is a practical karate system focused on self-defence. It is known for its close-range tactics, non-linear approach, limb manipulation, soft blocking, powerful strikes, legal underpinning and pressure testing scenario training. *DART* Karate classes have a strong emphasis on impact training, paired exercises, underpinning theory and good biomechanics.

OLDER DART STUDENTS HAVE THE OPPORTUNITY TO TAKE PART IN THE UK'S LEADING SELF DEFENCE SCENARIO TRAINING!

#### **TRAINING BENEFITS**

- new friends and fun
- effective personal safety and self defence skills
- increased fitness
- improved self confidence, flexibility and coordination

**Wednesdays 3.55 – 5.10 PM RGS Sports Hall**

**NEW STUDENTS WELCOME TO TRY IT WEEKS 1,2,3 & 4!**

**Years 7 – 13 welcome**

email [practicalkarate@mac.com](mailto:practicalkarate@mac.com) for more information