

20 YEARS AT THE RGS THIS SEPTEMBER!

DART KARATE CLASSES

WWW.DART-SELFDEFENCE.COM



**CONFLICT AVOIDANCE
STRIKING KICKING
GROUNDWORK**

**DE-ESCALATION
GRAPPLING
THROWING**

DART is a practical karate system focused on self-defence. *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 3.45 – 5.10 PM Sports Hall
YEARS 7 – 13, NEW STUDENTS WELCOME!
visit www.dart-selfdefence.com for more information