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DART KARATE CLASSES

www.practicalkarate.co.uk

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**STRIKING
KICKING
GRAPPLING
THROWING
GROUNDWORK**

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

Wednesday 3.55 – 5.10 PM RGS Sports Hall

NEW STUDENTS WELCOME!