

17 YEARS AT THE RGS THIS SEPTEMBER!

DART KARATE CLASSES

WWW.DART-SELFDEFENCE.COM



**CONFLICT AVOIDANCE STRIKING KICKING
GRAPPLING GROUNDWORK THROWING**

DART is a practical karate system focused on self-defence. It is known for its close-range tactics, 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
YEARS 7 – 13, NEW STUDENTS WELCOME!
email jwt.dart@gmail.com for more information