





STRENGTH DEFENCE

By ASHRIDGE KARATE ACADEMY

STRENGTH DEFENCE AFTER SCHOOL CLUB

KARATE BREAK BOARDS
INFLATABLE KICK BAGS
DODGE BALL
SELF DEFENCE TECHNIQUES
CORE STRENGTH CIRCUIT



Coach John is:
Enhanced DBS Cleared
First Aid Certified
Insured
Safeguarding Certified
4th Dan Karate Black Belt

Scan the QR code or visit www.strengthdefence.co.uk for details and booking

Half a Term (Sept - Oct 2026)
Starts from Friday 11th September
Ends Friday 23rd October
AFTER SCHOOL CLASS ONLY
15:30 - 16:30
£63 FOR 7 SESSIONS

5 star rated on Google

Thomas Coram School

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strengthdefence.co.uk