



*London Wado Ryu Association*

# *Saturday Classes*

**Location:** Queen's Park Community School (QPCS)  
**Time:** Saturday 10.00 am to 12.00 midday  
(beginners from 10.00 am to 11.00 am)

## *What are our aims ?*

- To teach self defence, awareness and avoidance of potential hazardous situations.
- To teach the fundamentals of Karate and promote Martial Arts

## *Equal Opportunities?*

- Membership is open to all regardless of nationality, race, ethnic origin, gender or religious opinions..

## *What are the benefits?*

- Classes will increase self-confidence, self-esteem and self-control.
- Training will improve an individual's speed, timing, awareness and mobility.
- As in most martial arts, karate will improve strength, stamina and suppleness.
- Development of a positive mental approach.
- Some students will be trained to enter competitions.
- Other benefits include sociability, integrity and concentration.

*For a free introductory lesson,  
bring the QPCS Newsletter by the end of September*

For further information please contact [enquiries@lwra.co.uk](mailto:enquiries@lwra.co.uk)