

KAIGAISHII KARATE SCHOOL

AT KILMORIE PRIMARY SCHOOL



BEGINNERS CLASS
Available for Year's 1-6
Friday's at 8am
Sign up for Autumn 2025!



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|--|---|
|  Self Defence |  Confidence |
|  Concentration |  Coordination |
|  Fitness |  Strength |
|  Respect |  Friendships |



Taught Professionally by Sensei Bethany McCloskey
Over Twenty Years of Experience in Karate
DBS Checked, Fully Insured and First Aid Trained

Trained by an Ex-England International and seven times
National Gold Medalist.

Part of the well-established Kaigaishii Karate Association
with schools all over South East England.



For more information please call:
Sensei Beth: 07983 544 592 or

Email: sensei_bethany_mccloskey@hotmail.com

www.kaigaishii-karateschool.co.uk

Facebook: Forest Hill and Dulwich Kaigaishii Karate School

Instagram: [KaigaishiiForestHillDulwich](https://www.instagram.com/KaigaishiiForestHillDulwich)

