

# KAIGAISHII KARATE SCHOOL AT KILMORIE PRIMARY SCHOOL



**BEGINNERS CLASS**  
**Available for Year's 2-6**  
**Friday's at 8am**  
**Sign up for Summer 2026!**



- 🥊 Self Defence
- 🥊 Concentration
- 🥊 Fitness
- 🥊 Respect
- 💡 Confidence
- 💡 Coordination
- 💡 Strength
- 💡 Friendships



**Taught Professionally by Sensei Bethany McCloskey (4<sup>th</sup> Dan)**

**Over Twenty Five 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](mailto:sensei_bethany_mccloskey@hotmail.com)**

**[www.kaigaishii-karateschool.co.uk](http://www.kaigaishii-karateschool.co.uk)**

**Facebook: Forest Hill and Dulwich Kaigaishii Karate School**

**Instagram: KaigaishiiForestHillDulwich**

