

KAIGAISHII KARATE SCHOOL

AT KILMORIE PRIMARY SCHOOL



BEGINNERS CLASS
Available for Year's 1-6
Friday's at 8am
Sign up for Spring 2026!



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



Taught Professionally by Sensei Bethany McCloskey (3rd Dan)
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)

