

Kaigaishii Karate School

At Kilmorie Primary School



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



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



Taught Professionally by Sensei Bethany McCloskey (4th 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_beth@kaigaishiikarate.co.uk
www.kaigaishii-karateschool.co.uk
Facebook: Forest Hill and Dulwich Kaigaishii Karate School
Instagram: KaigaishiiForestHillDulwich

