

Haddenham Karate

Haddenham Youth Centre, Woodways, Haddenham HP17 8DS.

A club for adults and youngsters (ages 8-80).

Suitable for all levels of fitness and flexibility as full warm-ups performed prior to training

Build up assertiveness/confidence and strength.

Improve concentration/focus (helps adults at work and youngsters at school)

Learn to defend yourself, control aggression and earn respect.

Meet new friends

Meet: Sat 14.00-15.30 All Grades 14.00-16.00 Black Belts

Each class costs £5 but the first one is free !

If you want to get in touch with Fran, please call her on 07713 841585 or you can try her landline which is 01296 747176. email franphilday@yahoo.com