

ALPHA M

EDUCATIONAL AND SPORTING
SERVICES INTERNATIONAL GROUP

Karate

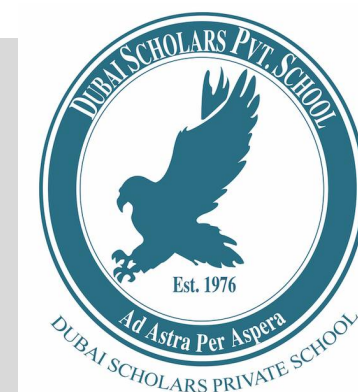
Karate is a Japanese Martial Art focused on improving physical, mental and emotional well-being along with self-defence skills. We focus on the FUNdamentals of Karate emphasising on building confidence, respect, discipline, self-defence, balance, co-ordination in a fun yet challenging way.

The course plan covers the 3 K's; Kihon (basics), Kata (choreographed moves), Kumite (sparring) and includes Karate specific games and exercises to test students both physically and mentally whilst continually progressing through the belt grading system.

THURSDAY | 2 - 3pm

Ages 5yrs +

12 classes 780AED



For registrations and payments, please call +971 50 945 1937 or email info@alphaessgroup.com