

KARATE



空手

Contact us at the EKF and we will put you in touch with recognised local clubs or follow the link below.

www.englishkaratefederation.com/clubs

Karate for Life

Karate for Fitness

Stamina, Toning, Flexibility, Reflexes, Health

Karate for Self Defence

Safety, Awareness, Confidence, Control

Karate for Sport

Local, National, International Competition
England National Representation

Karate for Mental Conditioning

Motivation, Self-Esteem, Discipline, Self-Confidence

Karate for Fun

Socialise, Relax, Interact

Karate for Everyone

Any Gender, Any Age, Any Race, Any Religion
Male or Female, From 5 years old to Senior Citizen

Your local EKF registered club is:

BLACK TIGER SHOTOKAN
SMALL SPORTS HALL, ROSE BRIDGE HIGH SCHOOL
HOLT STREET, HIGHER INCE, WIGAN, WN1 3HD

TUESDAY'S & FRIDAY'S : 6:30PM - 7:30PM
TEL: 01257 427620
www.blacktigershotokan.co.uk



The English Karate Federation is British, European and World Karate Federation Approved