

Red Tiger Karate Club

Fun karate and self defence classes for both children and adults

www.redtigerkarateclub.co.uk

To Parents/Guardian,

We are writing to let all the pupils of *Bridgewater School* know that **Red Tiger Karate Club** are inviting any brand new students to join our beginners karate and self defence course! The good news is that our class will run in the school hall every Thursday from 3:45-4:30pm starting Thursday 9th October 2025. We would like to invite all pupils aged 4 and above to get involved in this fantastic sporting activity. Be quick to book your place as there are only 25 spots available per session on our Beginners' Introductory Course for those interested in benefiting from the following:

- Learning basic self defence techniques (blocks, strikes, sweeps and kicks)
- Improved fitness, flexibility and self confidence
- Better co-ordination
- Making new friends and having fun whilst you learn
- Starting on that road towards the **BLACK BELT!!!!!!**
- And we strive to improve our student's motivation and self discipline

We are offering the pupils of *Bridgewater School* a great opportunity to join the largest and fastest growing Club in Greater Manchester. We are part of the English Karate Federation – the only Karate Governing body recognized by Sport England.

Classes are priced at **£7.00** per student per session (this is reduced to **£6.00** each if two people in the same family train together and is reduced to **£5.00** each for three or more in the same family). Parents and younger/older siblings are also more than welcome to train! Why not get fit and enjoy the benefits of karate together as a family?

The Class Instructor is Sensei Callum Miles 3rd Dan Black Belt. All Red Tiger Instructors are friendly, experienced, and excellent with beginners. All Red Tiger Instructors are DBS checked and hold certificates in first aid and safeguarding. Feel free to check out our website at:

www.redtigerkarateclub.co.uk

Where? Bridgewater School.(School Hall)

When? Every Thursday 3:45-4:30pm

Who can come? Open to all ages 4 and above. Parents & siblings also welcome.

How much does it cost? Prices start from £5.00 per person

What do I wear? Just wear something loose and comfortable

How do I book? Booking is all online. Please log on to:

<https://www.redtigerkarateclub.co.uk/classes/book-your-first-class>

Places available allocated on a first-come, first-served basis

Other Classes available in Swinton and Walkden.