



KARATE

Park Mains High Sports Complex

Every Tuesday & Thursday
Classes 5 Yrs to Adult

Book your free lesson now with
Sensei McQueen 7th Dan

Tel: 07976-268518

Website: shitoryu-erskine.co.uk



PARK MAINS
COMMUNITY SPORT HUB



FREE KARATE LESSON + FREE KARATE SUIT ON JOINING

Simply fill in the free passes below and come along on a training night to try
- no obligation



FREE PASS
Admits One

Name
.....

FREE PASS
Admits One

Name
.....