

SportsLink School of Karate

SportsLink Karate School classes provide training for all ages and ability. Children of 7 years and over can enjoy training in a safe environment with close supervision, developing many skills, as well as having fun.

Adults can enjoy traditional training, focusing on fitness, self confidence, and of course self defence.

SportsLink Karate School teaches Wado Ryu Karate and is a member of the Wado International Karate-Do Federation

Our School fosters a family atmosphere, with many parents training with their children in the Sunday Morning Class.

Class Times.

Tuesday	21.00	Adult Class
Wednesday	18.30	Children's Class
Thursday	21.00	Adult Class
Sunday	12.00	Adult and Children's Class

To enroll just turn up 10 minutes before class time on the below day. It's that simple.

Adult Beginner Classes starts on the First Tuesday of every Month

Children's Beginner Class starts on the First Wednesday of every Month

Instructors:

Robert McGrath 6th Dan.
Eamon House 5th Dan.
Michael Quinn 3rd Dan.
Alan Smith 3rd Dan.

Shoshin Dojo.

For More Information Contact:

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