

**Tower Shukokai**

# KARATE

**Club**

FREE  
MEMBERSHIP

MALE AND FEMALE  
INSTRUCTORS.  
CRB CLEARED,  
QUALIFIED  
COACHES

EDGORTH SCHOOL;  
MONDAYS 7.15-9.00  
AND SATURDAYS  
9.30-12.00

BUILD FITNESS  
AND SELF-  
CONFIDENCE

**Chief Instructor**  
**Andy Allwood 5<sup>th</sup> Dan**

28 years experience  
Former North West Open Heavyweight Champion

**Martyn Skipper 4th Dan**  
34 years experience  
English National runner-up  
2009 British International Open  
Champion

DARWEN LEISURE  
CENTRE:  
THURSDAYS  
7.30-9.00

DARWEN'S OLDEST  
KARATE CLUB  
ESTABLISHED 1987



BEGINNERS  
ALWAYS WELCOME

FOUNDER MEMBER  
ENGLISH KARATE



FEDERATION

www.towershukokai.co.uk  
07960 794160  
e: andyallwood@aol.com

Affiliated to

