

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 5th 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

