



# Welcome



Welcome to K.F.A. or Karate For All, from instructor Sensei Paul Acton. Karate For All is a growing Federation and a member of the English Karate Federation.

Karate For All welcome students of all ages from 5 years upwards, and of any grade or style, offering many benefits both physically and mentally. A student does not need to be exceptionally fit to learn Karate. The moves can be practiced with as much effort as the body can manage. Over time suppleness and aerobic capacity will improve. Karate develops flexibility, strength, balance and is excellent in assisting overall physical health. Many students who have achieved National and International success over the years train in Karate For All.

## Why join KFA?

Martial arts are a great way to get children and adults involved in a sport that involves strength, coordination and mental discipline. Some children do not like organised sports for many reasons, maybe they were once on a team and they did not have fun, or they simply lack the confidence. We are all aware of how important exercise is for the development of children. With so many benefits in learning a martial art, Karate with KFA could be ideal as the sport of choice for you.

## Where can you join?

To join Karate For All simply call Sensei Paul Acton on 07772474577 or call in to one of our training sessions at:

Main Sports Hall  
Crystal Leisure Centre, Bell Street  
Stourbridge, West Midlands  
DY8 1AE

Email: [info@karateforall.co.uk](mailto:info@karateforall.co.uk)

### Tuesday Session

7.00pm till 8.00pm - Basics  
8.00pm till 8.30pm - Advanced

### Thursday Session

7.00pm till 8.00pm - Basics  
8.00pm till 8.30pm - Advanced

£4.00 for under 18 years (per session)  
£5.00 for 18 years and over (per session)

