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**Try Karate for the first time  
in a beginner friendly  
session, have fun and  
hopefully make some new  
friends and train with the  
lady on this picture, a Mum  
who had never done Karate  
before Ladies Day who is  
now our first ever  
Ladies Day  
Beginner to Black Belt!**



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**Corbridge First School  
St Helens Lane  
Corbridge NE45 5JQ  
10.00am - 3.00pm  
Book fast text Wayne  
on 07787145497  
[www.seikenryu.co.uk](http://www.seikenryu.co.uk)**

**£20 per person  
- discount for families**