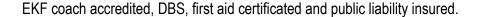# AKS

Associated Karate Schools

Whether you or your child are looking to gain confidence, keep fit, learn to defend yourself or take part in an exciting, fun and dynamic sport our schools can provide the training you need.

The AKS Progressive Teaching Structure gives students a good foundation of traditional karate along with fitness training, sparring, practical self-defence and competition sport karate. We help build confidence, strength, stamina, awareness, speed and reaction. The class environment is structured, disciplined, fun and respectful.

Our schools have a high standard of belt gradings and a successful National level squad. Bishop's Stortford classes are taught by Chief Instructor Sensei Anthony Barrett 5th Dan - National and International medallist with over 20 years of teaching and coaching experience which has produced many champions and black belt Instructors.

EKF coach accredited, DBS, first aid certificated and public liability insured.

AKS is registered with the English Karate Federation (EKF) affiliated to the World Karate Federation (WKF)
We teach WKF Sport Karate which has the highest standard of competition in the World and the only Karate in the Olympic Games - Tokyo 2020!

Karate

Bishop's Stortford Karate School

Beginners - Children and Adults - classes are tailored to suit all ages and abilities (age 5 upwards)
Unlimited access to all classes for one calendar monthly fee - the third family member or more can train for free!

For further details of the karate school, registration, full timetables and our fees please see www.**karateschools**.co.uk
To book a place for a trial lesson please call **07929 100612** or email **barrettbusiness@aol.com**

Mon	St Michael's Mead Community Centre	6.00 – 7.00	Beginners
		7.00 – 8.00	Intermediate / Advanced
Tues	Bishop's Park Community Centre	6.30 – 7.30	Beginners / Intermediate
		7.30 – 8.30	Advanced
Weds	Bishop's Park Community Centre	5.00 – 6.00	Beginners / Intermediate / Advanced
Sat	St Michael's Mead Community Centre	12.00 – 1.00	Beginners / Intermediate / Advanced

07929 100612
www.**karateschools**.co.uk

AKS Chief Instructor Sensei Anthony Barrett 5th Dan