

KARATE FUN'S KUGATSU KARATE-DŌ



TEACHING KARATE THROUGHOUT THE NORTH & WEST OF GLASGOW



Karate is a fun, exciting and healthy activity for adults and children of all ages and abilities.

Our classes are well structured; following a realistic but challenging syllabus that encourages all students to do their best and progress through the belt system.

There are numerous opportunities to meet and make new friends and to participate in a wide variety of fun and competitive activities.

Karate promotes overall confidence, self-respect, physical and mental wellbeing, concentration and independence. The kicking and punching of pads as well as the fun orientated physical activities, within a safe and supportive environment, are great for reducing emotional stress.

Karate helps children to be able to learn positive life skills early in their development as well as helping them to become successful learners, confident individuals, responsible citizens and effective contributors.

Kugatsu Karate-Do, part of the Karate Fun family, was established in 1995 and is a thriving karate club based in the north and west of Glasgow, teaching Shukokai Karate to students of all ages and abilities.

Our Chief Instructor, Shihan Graham McCann (6th Dan), started his karate career in 1974 and is a national coach and European Karate Federation Judge (retired).



NO CONTRACT / NO LICENCE & MEMBERSHIP FEE

Class fees for new students are Adults £4.50 & Children £4.00 per class.

MONTHLY PAYMENT OF CLASS FEES IS REQUIRED AFTER THE FIRST MONTH.

PLEASE SEE OVERLEAF FOR SCHEDULE OF CLASSES

KUGATSU KARATE-DO



Schedule of classes in the north & west of Glasgow

Day	Time	Class	Location
Monday	6.00pm-7.00pm	Junior Karate Class (P1-P3)	Scotstoun Stadium Building Concourse 2 72 Danes Drive Glasgow G14 9HD
	7.00pm-8.00pm	Junior Karate Class (P4-P7)	
	8.00pm-9.00pm	Senior Karate Class	
Wednesday	6.00pm-7.00pm	Junior Karate Class (P1-P3)	Maryhill Leisure Centre 34 Gairbraird Avenue Glasgow G20 8YE
	7.00pm-8.00pm	Junior Karate Class (P4-P7)	
	8.00pm-9.00pm	Senior Karate Class	
Friday	5.45pm-6.45pm	Junior Karate Class (P1-P7)	The Scout Hall 66 Ripon Drive Glasgow, G12 0DY
	6.45pm-7.45pm	Karate Class (adult & child)	
Saturday	9.00am-10.00am	Advanced Junior Kata Class	The Scout Hall 66 Ripon Drive Kelvindale Glasgow G12 0DY
	10.00am-11.00am	Junior Kata Class (P1-P7)	
	11.00am-12.00pm	Senior Kata Class	
	12.00pm-1.00pm	Combat Circuits Class	
Sunday	2.00pm-3.00pm	Junior Karate Class (P1-P7)	Glasgow Club Donald Dewar Garscadden Rd, Glasgow G15 8SX
	3.00pm-4.00pm	Senior Karate Class	

AFTER SCHOOL CLASSES : school-term only

Monday	3.30pm-4.30pm	Ledgowan Hall, Ledgowan Place, Glasgow, G20 0JZ
Friday	3.30pm-4.30pm	Scotstoun Stadium, Concourse 2, Danes Drive, Glasgow, G14 9HD

Our Karate classes provide an all-round and fun experience of karate and are suitable for adults & children of all ages and all abilities. Participation on the advanced junior kata class is by invitation.

Our combat circuits class is an all-round and affordable karate-themed fitness class for adults and young people (aged 10 years and above).

*For more information visit
www.kugatsukarate.co.uk,
[facebook.com/KugatsuKarate](https://www.facebook.com/KugatsuKarate),
 email admin@karatefun.co.uk
 or telephone Graham McCann
 07885 954 223*

*The Kugatsu Karate-Do is a
 member of the Scottish Karate
 Governing Body and Shuko-Kai
 International and implements
 the Scottish Karate Governing
 Body Child Protection Policy.*