

KARATE FUN'S KUGATSU KARATE-DŌ



TEACHING KARATE THROUGHOUT THE WEST END 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 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 throughout the west end of Glasgow, teaching Shukokai Karate to students of all ages and abilities.

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



NO CONTRACTS

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-DŌ

The Kugatsu Karate-Do are pleased to announce our new schedule of classes in the west end 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	

Our Karate classes provide an all-round and fun experience of karate and are suitable for adults & children of all ages and all abilities.

Our Kata classes provide members with the opportunity to focus the practice of kata (forms). Participation on the advanced junior class is by invitation.

Our combat circuits class is an all-round and affordable karate-themed fitness class for adults and young people (aged 11 years and above) – membership of the Kugatsu Karate-Do is not required.



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.