

# PORTCHESTER KARATE CLUB

(ESTABLISHED 1982)

**Chief Instructor**

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## GENERAL INFORMATION

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<u>Monday</u>	Older children and Adult Kyu grades.	Arrive 7.00pm for a 7.05 start. End at 8.15pm Younger children can leave at 8.05pm.
<u>Wednesday</u>	Dan Grades and first kyu's	Arrive 7.00pm for a 7.10 start. End at 8.20pm.
<u>Thursday</u>	Special day time adult class for all grades, including adult beginners.	Arrive 9.45am. End at 11am
<u>Friday</u>	Special younger children's class. (Typically, under 8's.) Older children and Adult Kyu grades. Dan grades.	Arrive 6.30pm. End at 7.00pm. Arrive 7.00pm. End at 7.55pm. Arrive 8.00pm. End at 9.15pm.
<u>Saturday</u>	Children. Adults.	Arrive 9.20am. End at 10.20am. Arrive 10.25am. End at 11.40am.

### Venues:

Monday	Portchester Community School, White Hart Lane, PO16 9BD
Friday	“ “ “
Saturday	“ “ “
Thursday	Castle Street Day Centre, Castle St, Portchester. On other side of Castle St Road from the Portchester parish Hall

**Gradings:** Gradings are usually held every four months, depending on frequency and number of training lessons attended

The club's instructor team is roughly 50:50 in male and female instructors. With eight classes a week we are able to provide classes appropriate to various ages and grades. Although a traditional Karate club, those wishing to enter competitions are able to do so at area, regional, European and World events.