



**Kids  
Karate**



**Adult  
Karate**

# Shōden●

**Martial arts & Fitness**

[www.shoden.club](http://www.shoden.club)



**Family  
sessions**

Register and Pay using the link below  
<https://www.shoden.club/thamesditton>



**Self Defense  
Fitness**

**Great value memberships  
Two weeks free trial  
Check our website for details  
or call 07588 581205**

**Fighting arts, fitness and fun  
We'll help you reach your goals!**