

**19 YEARS AT THE RGS THIS SEPTEMBER!**

**DART  
Karate  
Classes  
WWW.DART-SELFDEFENCE.COM**



**CONFLICT AVOIDANCE STRIKING KICKING  
GRAPPLING GROUNDWORK THROWING**

*DART* is a practical karate system focused on self-defence. It is known for its close-range tactics, powerful strikes, legal underpinning and pressure testing scenario training. *DART* Karate classes have a strong emphasis on impact training, paired exercises, underpinning theory and good biomechanics.

OLDER DART STUDENTS HAVE THE OPPORTUNITY TO TAKE PART IN THE UK'S LEADING SELF DEFENCE SCENARIO TRAINING!

**TRAINING BENEFITS**

- new friends and fun
- effective personal safety and self defence skills
- increased fitness
- improved self confidence, flexibility and coordination

**Wednesdays 3.45 – 5.10 PM Sports Hall  
YEARS 7 – 13, NEW STUDENTS WELCOME!**  
visit [www.dart-selfdefence.com](http://www.dart-selfdefence.com) for more information