

Join an English Karate Federation registered club
and receive quality, safe and approved training in

KARATE



Contact us at the EKF and we will put you in touch with recognised local
clubs or follow the link below.

www.englishkaratefederation.com/clubs

Karate for Life

Karate for Fitness

Stamina, Toning, Flexibility, Reflexes, Health

Karate for Self Defence

Safety, Awareness, Confidence, Control

Karate for Sport

Local, National, International Competition
England National Representation

Karate for Mental Conditioning

Motivation, Self-Esteem, Discipline, Self-Confidence

Karate for Fun

Socialise, Relax, Interact

Karate for Everyone

Any Gender, Any Age, Any Race, Any Religion
Male or Female, From 5 years old to Senior Citizen

Your local EKF registered club is:

RED SUN SHOTOKAN KARATE
ST. JOHN'S CHURCH HALL
HEWLETT STREET, COPPULL
TEL: 07835 558424

WEB: www.redsunkarate.co.uk
MON 7PM - 8:30PM, THURS 6:30PM - 8PM
LITTLE TIGERS: MONDAY'S 6PM - 6:45PM



The English Karate Federation is British, European and World Karate Federation Approved