

# SAMA SOUTHEAST MARTIAL ARTS



**Starting back 7th September 2023**

**SELF DEFENCE-COORDINATION-FOCUS-CONFIDENCE-RESPECT**  
**Beginners welcome From 4years old**

**Register and book for your trial lessons with BookInClass**

*Limited Space available class needs to be pre-booked*

 **SAMASOUTHEAST.CO.UK / SAMAKARATE.COM**  
 **01444 461889 / 07876 617 115**