



CANTON MARTIAL ARTS

KENT & EAST SUSSEX



SUMMER PASS



6TH JULY – 15TH AUGUST

CLASSES ALL AROUND **ASHFORD!**

£34
UNLIMITED
TRAINING!

**FREE
UNIFORM!**



CHILDREN
4-12 YEARS



TEENS
SPECIALISED
TEENS CLASSES



ADULTS
ADULT CLASSES
ALSO AVAILABLE



THE CANTON BENEFITS



**BUILD
CONFIDENCE**



**IMPROVE FOCUS
& DISCIPLINE**



**GET FIT
& STRONG**



**LEARN
SELF-DEFENCE**



**MAKE
FRIENDS**



**ANTI-BULLYING
SKILLS**



**IMPROVE
COORDINATION**



**DEVELOP RESPECT
& CHARACTER**

WHAT WE DO AT CANTON



**KARATE
TECHNIQUES**



**SPARRING &
SELF-DEFENCE**



**FITNESS &
CONDITIONING**



**TEAM GAMES &
ACTIVITIES**



**BELT GRADINGS
& ACHIEVEMENTS**

BOOK YOUR PLACE NOW!



**UNLIMITED CLASSES,
ALL SUMMER LONG!**



CLASSES ALL AROUND ASHFORD



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