



Almondvale Karate

Established 1999

Home of 6 European Wado Champions

Mid Calder Institute Hall



Established in 1999 by current Head Coach, Eric Wood 6th Dan, Almondvale Karate teach traditional Wado Kai Karate and competitive Sport Karate. We teach both Kata (form/pattern) and Kumite (fighting) in a safe and respectful environment.

Members of our club can expect:

- Fully qualified and SKGB accredited coaching
- Full PVG held by coaches and assistant coaches
- Full grading syllabus from Junior White to Dan Grade (Black Belt)
- Opportunities to compete in competition for both Kata and Kumite
- Sport Scotland Approved COVID Coaching practices
- To have fun and make new friends

Due to available spaces in the class (due to students progressing to the next class) we have an offer for pupils of Calderwood PS in P2 – P4.

NEW MEMBER OFFER

Class Details

Day:	Tuesday
Start date:	29 th October 2024
Time:	5-6pm
Cost:	£FREE (for 4 weeks – normally £5 per class)
Age group:	P2 – P4

Limited spaces available – book ASAP, using details below to secure a space.
Please provide your child's name, school and class when enquiring.

Eric Wood - Head Coach

E-mail: e_wood6@sky.com

Facebook Messenger: Details below



<https://www.facebook.com/almondvalekarate>



Members of Scottish Karate Federation
<http://www.skfscotland.co.uk/>