

Kenshukai Karate Web Copy

Improve your confidence, discipline, self-defence, and fitness through Karate – an exciting and invigorating martial art.

What to expect

Kenshukai Karate is a family-friendly club which offers classes for children from 5 years as well as adults.

Start training in a traditional non-contact karate style which promotes focus, coordination, stamina and agility, whilst minimising the risk of injury.

With the support of our experienced instructors, you will learn the basic techniques before moving on to kata, combinations, sparring and self-defence. As you improve, you'll progress through the different belt colours towards your Black Belt.

Start your karate journey by booking a free trial class today!