

# ORIGINAL KARATE-DO

## RIGHT ON OUR DOOR

### SENSEI VICKY BIRCH

Fourth-Dan, is bringing to our village one of the most effective karate styles in the world.

Okinawan Goju Ryu  
Karate-do Kyokai



Sensei Vicky has 30 years experience in Okinawan karate, she also is a professional nurse working for the NHS. Now we have sensei Vicky here with us, sharing the most effective karate knowledge. Suitable for Females / Males, all ages



Advance combat with  
defence and motor skills.  
Body conditioning.

Discipline, concentration,  
good manners. Generator  
of inner power skills.

Improve fitness and well  
being, memory retention  
and coordination.

**REGISTER NOW** CALL / 07456083691 or email at: [vbirch@kanryokan.com](mailto:vbirch@kanryokan.com)  
**CLASSES ON: MONDAY AND WEDNESDAY FROM 6:30PM TO 8:00PM**

AT: St Wilfrid's Church Hall, 24 Church Walk, Metheringham, Lincoln. LN4 3HA

WE PROUDLY SUPPORT

