



## **SOUTH EAST SPORT KARATE MARTIAL ARTS**

SESK is a family Martial Arts club run by two instructors Steve Morris 6th Dan and Ross Morris 5th Dan who have both trained in Wado Ryu for over 20 years.

Wado Ryu is a semi contact Sport Karate and is suitable for anyone, whether you are just looking to get fit or to learn self defence. SESK's aim is to make sure that all students will feel fitter and better about themselves.

**Meadow Primary School Hall**  
**Sparrow Farm Road**  
**Stoneleigh, Epsom, Surrey KT17 2LW**  
**@ 5.45pm-6.45pm**

***FIRST LESSON IS FREE***

For further information contact S.E.S.K Secretary

Katie Morris (3<sup>rd</sup> Dan) - Tele - 07739 025 001

\* All our instructors are First Aiders and have safe guarding protection certificates