



GIN SEN KARATE DO



St Josephs Primary School
Castlemartyr, Co. Cork

Tuesdays 6.30pm - 8.00pm

instructor

Paul Allan

7th Dan Black Belt

Over 12's

Self Defense

General Health and Fitness

Mental Well-being

Self Confidence

Personal Challenge

Progress to Black Belt & Beyond

Beginners Welcome

Contact Paul on 086 8112281

www.silverspringskarate.com