



Khalsa karate-a brighter future?

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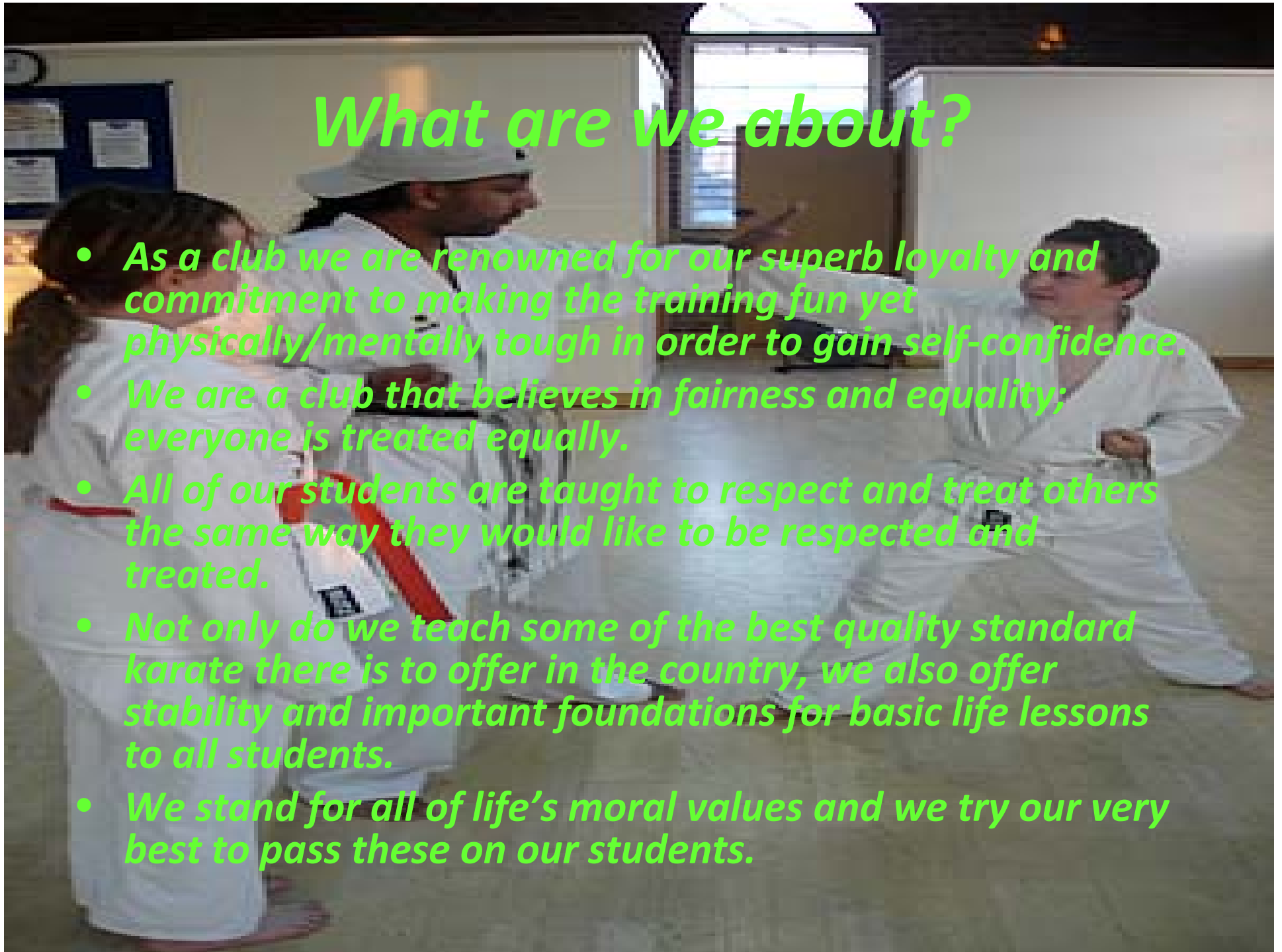
Who are we?

- *Khalsa karate club is a fun loving, community-based karate club.*
- *We are run by head instructor Satinda Sehra who founded the club.*
- *We have many different clubs throughout the boroughs of Kingston-Upon-Thames, Tolworth, Surbiton and South London*
- *We are mainly based at the Ymca hawkers centre and all-ages to all-levels can attend our training sessions.*



What are we about?

- As a club we are renowned for our superb loyalty and commitment to making the training fun yet physically/mentally tough in order to gain self-confidence.*
- We are a club that believes in fairness and equality; everyone is treated equally.*
- All of our students are taught to respect and treat others the same way they would like to be respected and treated.*
- Not only do we teach some of the best quality standard karate there is to offer in the country, we also offer stability and important foundations for basic life lessons to all students.*
- We stand for all of life's moral values and we try our very best to pass these on our students.*



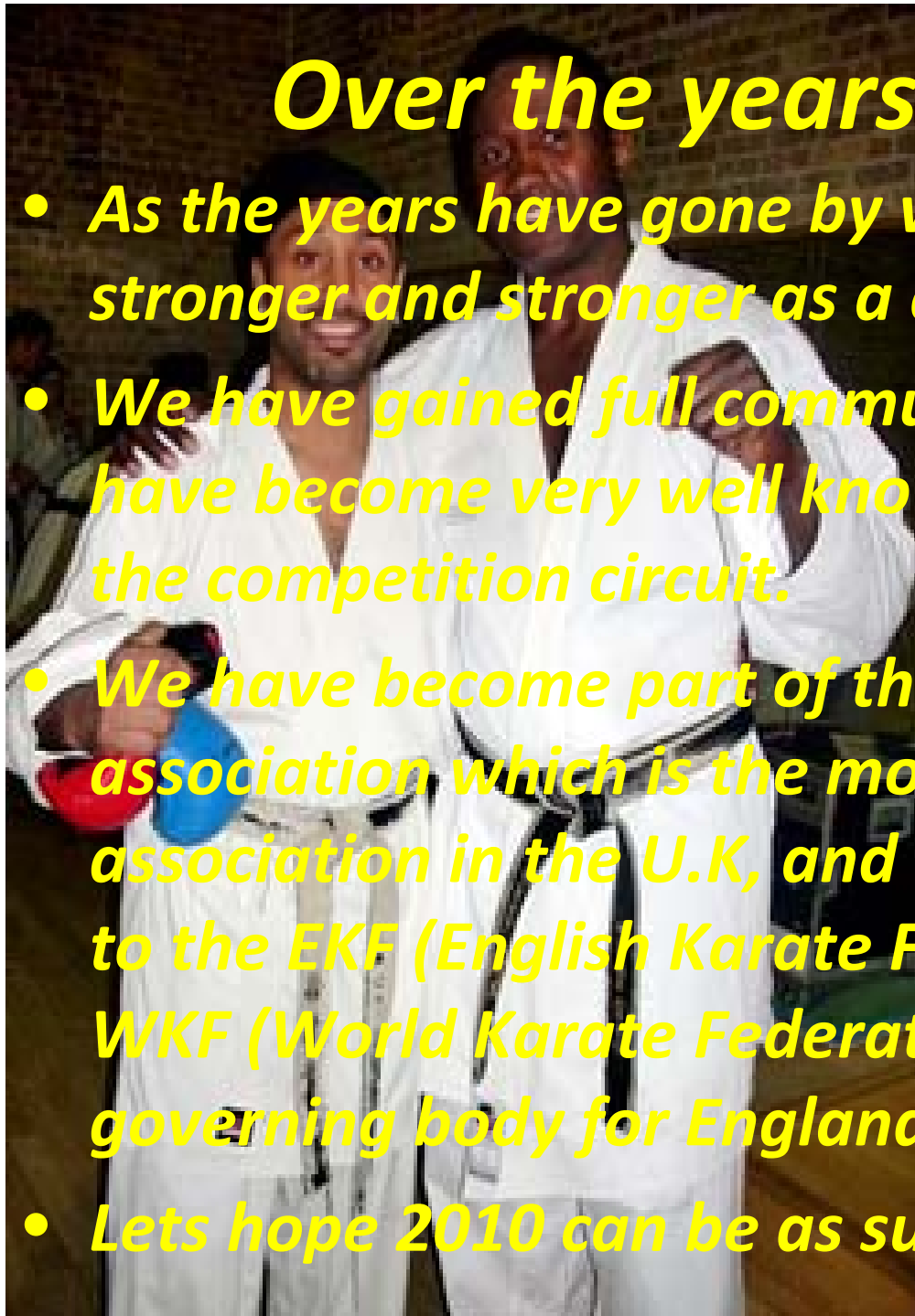
What have we achieved?

- *As a club we have achieved many great thanks to our instructor Satinda Sehra and all of the individuals within the club.*
- *Some of our most prestigious titles won by students at our club have been:*
 - *1) National and British titles*
 - *2) Overseas titles (Czech republic open and the Belgium open)*
 - *3) And we have quite a few senior members of the National England team at the club, including two brand new junior National England team members!!!*



Over the years...

- As the years have gone by we have grown stronger and stronger as a club.*
- We have gained full community support and we have become very well known and successful on the competition circuit.*
- We have become part of the Toyakwai association which is the most successful association in the U.K, and we are also affiliated to the EKF (English Karate Federation) the only WKF (World Karate Federation) recognised governing body for England*
- Lets hope 2010 can be as successful as 2009!.*



The End

- We are a loving and appreciative club who embraces our community with full commitment and love.*
- And we shall continue to keep encouraging all ages and levels to take up karate and learn to love and enjoy karate as well as gain self-confidence.*
- Thank you for your time-on behalf of all of us here at Khalsa Karate Club!!!*

KHALSA KARATE
CONFEDERATION

