



### SELF DEFENCE

You are entitled to feel safe and our courses will give you the tools to ensure that you do.

At the Golden Valley Karate Club all Instructors are Senior Martial Artists.

Dave Hague is a 6th Dan, A.M.A. and is also a former member of The American Society Of Law Enforcement Trainers and has run a number of very successful Women's Self Defence Courses, assisted by his Instructors and black belt karate club members.

Courses can be arranged if sufficient numbers are interested.



空手道は勝敗も究極  
 の目的とするものではない  
 練磨を通じ人間の完  
 成を信條とするのである

杉博  
  


*The ultimate aim of the art of Karate lies not in victory or defeat,  
 but in the perfection of the character of its participants'  
 Calligraphy by Master Gichin Funakoshi (Shoto)*

### GOLDEN VALLEY KARATE

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## GOLDEN VALLEY KARATE

黄金の谷の空手



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