



The Calcutta Swimming Club  
1887

**CIRCULAR**  
**INTRODUCING KARATE CLASSES**

The Club proposes to start **Karate Classes** for Members and their families (5 Years old and above) **in September 2015**, on Saturdays and Sundays, from 10AM to 11:30AM, **subject to sufficient number of trainees enrolling.**

Karate is a Martial Art

- Which teaches self - defense
- Instills self - discipline and self – confidence
- Helps achieve overall fitness and in becoming lean
- Increases concentration
- Helps fight eve – teasing

The classes will be conducted by the All India SeishinKai Shito - Ryu Karate - Do Federation (Govt. Recognised) under the guidance of well recognized 'Rensei' Mr Premjit Sen (8<sup>th</sup> Dan from Japan).

The Fee for the Classes will be **Rs 800/- per month, payable on a three monthly basis.**

**Registration Forms may be collected from the Club.**

07 August 2015

Secretary