



# Karu Kyoshi Kan 3K's Judo Club



Based at Harry Mitchell Leisure Centre,  
Smethwick, B67 7DH

**Great for Fitness, Great for Fun!**

Kata, Grading, Competition, Keep Fit

For info email: [m3ks@blueyonder.co.uk](mailto:m3ks@blueyonder.co.uk)



[www.3ksjudo.org.uk](http://www.3ksjudo.org.uk)





## 3K's Judo Club

### Women's Introduction to Judo Sessions

Tuesday Evenings 8pm – 9pm @ Harry Mitchell Leisure Centre

Free Taster Session - £2.50 per week thereafter

Register early as places are limited!

Email: [m3ks@blueyonder.co.uk](mailto:m3ks@blueyonder.co.uk) Tel: 0121 552 3921

[www.3ksjudo.org.uk](http://www.3ksjudo.org.uk)

