



Kanzen Karate

NEW CLASSES IN PENRITH - ENROL NOW!



Train with Sensei Christine Pullan 8th Dan

Sensei Pullan began training in 1975 and has competed and coached at the highest levels of Karate. She is a two time World Champion and multiple time British Champion. She has opened new classes in Penrith open to all ages and families. We practice Shotokan Karate, the most widely practiced style in the world.

MONDAY CLASS - 6PM TO 7PM

The Rooms, St Andrews Church, Parish Centre, St Andrew's Place, Penrith, CA11 7XX

WEDNESDAY CLASS - 4.20PM TO 5.20PM

Stainton Village Hall. Stainton, Penrith, CA11 0EP

ENROL NOW FOR A FREE TRIAL CLASS

Try something new today. Kanzen Karate practice Shotokan Karate and are members of the Amateur Martial Association (AMA).

Contact us today!

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Email: christinepullan@hotmail.com

Web: www.kanzenengland.co.uk

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