

SP

Sportspark

11 Martial Arts & Table Tennis

Take a look at our Martial Arts Room which holds classes in a variety of Martial Arts and hosts Table Tennis too.



Martial Arts

Eastern Shotokan Karate Club (ESKA)

A professional karate club whose chief instructor is Jason Hitchings, 5th Dan. The club has 3 age sections (4-7, 8-15 & 16+), who train twice a week. Call Jason on 01603 418 751 or email office@eska.co.uk

Saracen Taekwondo Club

The Saracen Martial Arts Association specialise in the Korean Martial Art of Taekwondo, train on Friday evenings and offer opportunities for all abilities. Call Chris Hemstock on 01508 530 573. Non-Members pay a Guest Fee of 60p per person.

The Martial Arts Room

Can be hired on an hourly basis. For more information please call 01603 593 403 or email events.sportspark@uea.ac.uk

Norwich WTF Taekwondo

Norwich WTF Taekwondo teach Taekwondo as a martial art and modern day Olympic sport. It is the only club in Norwich registered with the British Taekwondo Control Board, the governing body for World Taekwondo Federation. Classes are mixed ability for males and females over the age of 13. For more information call Kevin Jervis on 07949 105 562 or visit www.norwichtaekwondo.co.uk.

Table Tennis

Bats are available for hire; balls are available for sale.

How to Book Table Tennis

Members may:

- book over the telephone (01603 592 398 Opt 2) or in person.
- book up to 14 days in advance.
- cancel bookings or move them to another date up to the close of business the night before the booking (£2 fee applies).

Non-Members may only:

- book in person up to 7 days in advance and are not able to move or cancel a booking.

User Type	Standard Monday-Friday 16:30-20:30	Off Peak All other times
Educational	£4.00	£2.30
Bronze, Silver & Gold	£4.00	£3.40
Green	£5.25	£5.25
Pay & Play	£5.25*	£5.25*

*Non-Members pay a Guest Fee of 60p per person. **[Each session 60 minutes.]**

Call now on 01603 592 398 or visit us at www.sportspark.co.uk