

Shotokan Karate

Step onto the tatami – We practice in [Liikuntamyly](#) - Welcome
Start from beginning, or pick up right where you left off.
We train traditional, disciplined Shotokan karate.

Head instructor is [Sensei Ahmed Yousfi 6 dan](#) with full support
from [KWF Grandmaster Sensei Yahara 10 dan](#)

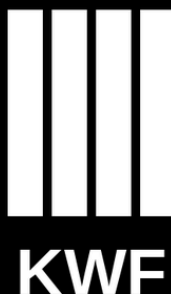
[Autumn Season fee 100 €](#) OR If you prefer monthly payments,
then 40 € per month. The price includes weekly practices, and
KWF membership with KWF karate passport.

You're at any point in the season welcome to come and see for yourself - and to join us
Additional information: info@shotokanhelsinki.fi and WhatsApp: +358451454577

Weekly Shotokan karate training schedule

Liikuntamyly, Jauhokuja 3, Myllypuro, Helsinki

Day	Beginners' sessions	Coloured belts' sessions
Wednesday	19.00 - 20.00	19.00 - 20.00
Thursday	18.30 - 19.30	18.30 - 19.30
Saturday	15.00 - 16.00	15.00 - 16.00



www.shotokanhelsinki.fi