

LEARN KARATE

WHERE

Hawthorn Bowling Club
1 Wood St, Hawthorn VIC 3122
Entrance via Denham St 1

Teaching traditional Karate for
all ages and fitness levels.

- ✓ Exciting training programs
for **children and adults** to
learn and develop at their
own pace
- ✓ A safe and encouraging
environment promoting
character and physical
development

Karate not quite for you? Join our
fitness class instead, incorporating
martial-arts movements. Great
stress relief & workout, while still
learning some basic moves!

Ask us about team building
workshops and 1:1 training



INTERNATIONAL GOJU KARATE

*Learn key life
skills including:*

Self-defence
Discipline
Confidence
Coordination
Resilience

SPECIAL
3 sessions
Trial
FREE

INQUIRIES

Head Instructor
Senpai Jim

Pantopolis

0408 022 299

jim@igkvic.com.au

www.igkvic.com.au

**SEE YOU ON
THE MATS!**