LEARN KARATE !

International Goju Karate

Hawthorn Bowling Club, 1 Wood St. HAWTHORN

IGK is a karate club for everyone regardless of age and fitness levels. Practising traditional karate, our school strives to provide students with professional, world class instruction on the history, techniques and virtues of Goju Karate-do.

- ✓ **Exciting training programs, allowing children and adults to learn and develop at their own pace**
- ✓ **Classes are disciplined - yet fun – designed to encourage individuals to reach their full potential**
- ✓ **A safe and encouraging environment promoting character and physical development**
- ✓ **Learn key life skills including discipline, confidence, coordination and importantly, self-defence**
- ✓ **Children start from as young as 4 years of age**

For all inquiries or simply a friendly chat to learn more, please contact Jim Pantopolis Sensei, Head Instructor on 0408 022 299.

Detailed information is also available on our website:
www.igkvic.com.au/hawthorn/

Get in touch for a completely free trial class - see you on the mats!