

# ***LEARN KARATE !***



**International Goju Karate** - Hawthorn Bowling Club, 1 Wood St. HAWTHORN

I.G.K. 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 Senpai, Head Instructor on 0408 022 299.**

Detailed information is also available on our website:

[www.igkvic.com.au/hawthorn/](http://www.igkvic.com.au/hawthorn/)

All welcome to come and inspect the Dojo – hope to see you on the mats!