

ADULT KARATE CLASSES

- Beginners Welcome
- Mind and Body Wellness
- Develop Resilience
- Build Self-Defence Skills
- Structured Syllabus
- No Age Limit
- Professional & Caring instruction
- Gradings available
- Free Online Account
- Private Classes Available



*First trial
class is FREE*



Mondays, 6:30 pm to 8:00 pm
(During Victorian School Term Dates)



Balwyn Community Centre



ghkd.au/karate

Japan Certified Master Instructor