


Senior beginners **karate** classes

14 years +

Learn a new skill

 balance, movement, strength and drills

 self defence

 mindfulness with discipline and respect

 stances, punching, kicking, blocking

 introductory Japanese language

 tournament introduction, if requested

fun, inviting environment

Tuesday and/or Thursday 6:00 - 7:00 pm

Both female and male senior instructors

Gary Sensei gary@karatechristchurch.co.nz

021 778 640

Jitsuei Kai Karate Club: 464 Tuam Street, Christchurch

Try three for free