

# KARATE & JU-JITSU



We are a family club for families. We cater for children, from 4 years, focusing on: discipline, co-ordination, focus, self-esteem, confidence, anti-bullying.

**Beginner classes on now!**

## FREE TRIAL LESSON

- ✓ Catering to all ages and abilities
- ✓ Affordable rates
- ✓ Positive, encouraging environment
- ✓ Parents can train with their children
- ✓ Flexible training options
- ✓ Self-defence classes for women & girls



### CANNON HILL

School of Arts  
Tuesday & Thursday  
4:45pm, 5:30pm, 6:30pm

### MANLY WEST

Moreton Bay Boys College  
Monday 5:30pm  
Friday 3:30pm

### TINGALPA

Tingalpa State School  
Monday 3:20pm

### NORMAN PARK

Norman Park State School  
Saturday 9:30am

### MT GRAVATT

Upper Mt Gravatt State School  
Wednesday 3:30pm

Clairvaux Mackillop College  
Wednesday 5:00pm

### Website

[www.afmaclub.com.au](http://www.afmaclub.com.au)

### More Information

0400 179 960

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