

SHITO-RYU KARATE-DO



Illawarra Karate Academy

Martial arts classes from experienced,
qualified instructors

LESSONS FOR ALL AGES

- Self-defense
- Fun fitness
- Flexibility
- Self-confidence
- Conentration
- Self-esteem
- Social skills
- Discipline

**First two
lessons
free**

Tuesdays and Thursdays
6pm to 7pm
Lakelands Public School

Sensei Brett (4th Dan): 0430 607 625
Sensei Teri (2nd Dan): 0452 549 081



@Illawarrakarateacademy