

# Australian Fitness & Martial Arts - Club

Member of Australian Karate Federation Inc. (WKF) & Queensland Karate Association

# Kids Karate

## New Beginner Classes

for Children 4 years & up **Free Trial** Parents encouraged to train as well

for all ages

### Locations & Training Times for Beginner class:

**Cannon Hill** at the "School of Arts" 958 Wynnum Road  
Tuesday & Thursday 4.00 - 4.45 pm

**Mount Gravatt** at "Clairvaux Mackillop College Hall" Klumpp Rd  
Monday 5.45 - 6.30 pm  
Wednesday 5.00 - 5.45 pm

**Norman Park** at "Norman Park State School Hall" via Hipwood St  
Saturday 10.45 - 11.30 am

**Manly West** at "Moreton Bay Boys College Hall" 302 Manly Rd  
Monday & Friday 3.30 - 4.20 pm  
also Monday 4.30 - 5.20 pm (later 2nd beginner class)

We have classes for all ages and Belt Levels. Please call us for class times.

### We guide you to personal growth and wellness

- Coordination and social skills      Strength & Conditioning / General Fitness
- Building Confidence and Self-Esteem      Guidance to achieve Junior Black Belt



**Sensei Andy Schwandner**  
Instructor Credentials:

High School Teacher  
Diploma of Education  
Personal Fitness Trainer  
Strength and Conditioning Coach  
5. Dan Shotokan Karate Instructor  
NCAS Coach & NOAS Official  
World Karate Official - WKF

**Shotokan Karate and  
Self-Defence (Jujitsu)**

## **Join our Family Karate Club**

Competitive fees - great atmosphere - happy children and parents

We compete on a Local, State and National Level

**Christine 0400 179 960 or Sensei Andy 0403 358 397 or visit: [www.afmaclub.com.au](http://www.afmaclub.com.au)**