

Australian Fitness & Martial Arts - Club

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

Kids Karate

New **Beginner Classes**

Free Trial for all ages

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

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

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

Other locations:

Mount Gravatt on Wednesday at **Clairvaux Mackillop College**
also at **St. Bernard's Primary**

Manly West on Monday & Friday at **Moreton Bay Boys College**

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

Building Confidence and Self-Esteem

Strength & Conditioning / General Fitness

Guidance to achieve 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