

Australian Fitness & Martial Arts - Club

Member of Ikkukai-Japan, Queensland Karate Association and Australian Jujitsu Federation (AJF Inc)

Karate+Jujitsu

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 4.45 - 5.30 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

6. Dan Shotokan Karate Instructor

1. Dan Kempo-Jutsu Instructor

World Karate Official (retired)

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

Join our Family Martial Arts 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