ANTI-BULLY/ SELF DEFENCE CLASSES



Kalamunda Kickboxing and Martial Arts run anti-bully/self defence classes that cater specifically for children from 5-11 years of age.

- Anti-bullying
- Self defence
- Self confidence
- Discipline & respect
- Co-ordination
- Fun & fitness

These classes promote the responsible teachings of Karate.

Class Times:

Monday-Friday: 3.45-4.30pm Saturday: 11.30am-12.15pm







CALL US TO BOOK A FREE TRIAL

KALAMUNDA KICKBOXING AND MARTIAL ARTS

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