



Hamersley

Stirling Leisure
21 Belvedere Rd, Hamersley

Start **Karate** TODAY!

FREE STARTER PACK UPON REGISTRATION

- KARATE SUIT
- BELT
- CLUB BADGE
- CLUB HISTORY & GRADING BOOKLET

Contact Mitch for more:
0422305441
yoseikanryu.hamersley@gmail.com

**2 FREE
LESSONS!**



Our Program

- Lessons for children (5 years +) and adults
- Focus on **fundamental skills** and emphasise the practice of **correct technique**
- Teach discipline and structure to learning
- Encourage **commitment** and a sense of **resilience** to achieving goals
- Foster a caring community to build long lasting friendships



Tuesday & Thursday
4:15pm - 5:15pm

What We Do

- Traditional Shotokan & Sports Karate
- Build and develop **character**, **confidence**, ability to focus and have **self-control**
- Provide a safe & supportive environment for **learning** and **play**



Mitch

Head Instructor

- 21 Years Karate Experience
- 3rd Dan Black Belt
- Australian Team Captain
- Multiple Time National Champion & International Medalist

Affiliations



Socials

