

# *Excellence Karate Academy*

## INVITATION

We invite you to enrol with us for a journey into the heart of the ancient martial art of Karate

Our **mission** is to ensure you succeed at Karate

Your **challenge** is to start the process to that success

A **journey** of 1000 miles starts with a single step.

Take that first step and **enrol with us today**

**Athleticism Achievement Confidence  
Discipline Fitness Self Defense**

**FREE TRY OUT LESSON**

**FREE KARATE SUIT** (conditions apply, ask your instructor)

**Training venue (since 1990!):**

Ivanhoe Aquatic and Fitness Centre, 172-192 Waterdale rd Ivanhoe

We offer small class sizes with quality instructors in a great venue complete with training mirrors, cushioned floor, heating and cooling.

Other family members may enjoy the many other activities at the centre including swim lessons and fitness classes.

**For enrolment enquiries call the Ivanhoe Aquatic & Fitness Centre on 9490 7111**

**For technical information please call Excellence Karate Academy - ph 98521027**

**web: [www.karatenow.net](http://www.karatenow.net)**

**Also see our extensive beginners timetable overleaf...**



## *Beginners Timetable*

At the Ivanhoe Aquatic and Fitness Centre

### **‘LITTLE NINJA’ CLASSES (5-11YO)\***

*Fun, confidence, discipline and the fundamentals of Karate while  
Learning simple, practical self defense behaviours*

<b>Monday</b>	<b>4.15pm-5.15pm</b>	<b>(5-11YO)*</b>
<b>Tuesday</b>	<b>4.15pm-5.15pm</b>	<b>(5-11YO)*</b>
<b>Wednesday</b>	<b>4.30pm-5.30pm</b>	<b>(5-11YO)*</b>
<b>Thursday</b>	<b>5.30pm-6.30pm</b>	<b>(5-11YO)*</b>
<b>Saturday</b>	<b>9.30am-10.30am</b>	<b>(5-11YO)*</b>

### **‘YOUNG SAMURAI’ CLASSES (9-15YO)\***

*Confidence, discipline and practical self defense behaviours while  
learning the fundamentals and then the higher skills of Karate*

<b>Monday</b>	<b>5.15pm-6.30pm</b>	<b>(9-15YO)*</b>
<b>Tuesday</b>	<b>5.15pm-6.30pm</b>	<b>(9-15YO)*</b>
<b>Wednesday</b>	<b>5.30pm-6.45pm</b>	<b>(9-15YO)*</b>
<b>Thursday</b>	<b>4.15pm-5.30pm</b>	<b>(9-15YO)*</b>
<b>Saturday</b>	<b>10.30am-11.45am</b>	<b>(9-15YO)*</b>

### **ADULT CLASSES**

*Discover the ancient wisdom of ‘Old School’ karate  
Fitness, self improvement & effective self defense*

<b>Monday</b>	<b>7.00pm-8.30pm</b>	<b>(15yrs and up)</b>
<b>Wednesday</b>	<b>7.00pm-8.30pm</b>	<b>(15yrs and up)</b>

**For the future..... Dedicated Black Belt level CLASSES**

<b>Tuesday</b>	<b>7.00pm-8.30pm</b>
<b>Thursday</b>	<b>7.00pm-8.30pm</b>

☺ Beginners are always welcome ☺