

Excellence Karate Academy

INVITATION

Enrol with us for a journey into the heart of ancient Karate

Grasp the challenge

Fulfil your dreams

Rely on our knowledge and experience to help you succeed

**Athleticism Confidence Discipline
Focus Fitness Self Defense**

**A journey of 1000 miles starts with 1 step.
Take that first step and enrol today**

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

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

Other family members may simultaneously enjoy one of the many other activities at the centre

**For enrolment enquiries call the Ivanhoe Aquatic & Fitness Centre - 9490 7111
For technical information please call Excellence Karate Academy - 9852 1027**

web:www.kinshinkai.com

Also see our extensive beginners timetable overleaf...



Karate Beginners Timetable

At the Ivanhoe Aquatic and Fitness Centre

‘TINY FISTS’ Classes (4-6yo)

*A gentle introduction to structure, discipline & learning
in a self defense context,*

Sunday 9.00am-9.30am (4-6YO)

‘LITTLE NINJA’ Classes (5-11YO)*

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

Monday 4.15pm-5.15pm (5-11YO)

Tuesday 4.15pm-5.15pm (5-11YO)

Wednesday 4.30pm-5.30pm (5-11YO)

Thursday 5.30pm-6.30pm (5-11YO)

Saturday 9.30am-10.30am (5-11YO)

Sunday 9.30am-10.30am (5-11YO)

‘YOUNG SAMURAI’ Classes (9-15YO)*

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

Monday 5.15pm-6.30pm (9-15YO)

Tuesday 5.15pm-6.30pm (9-15YO)

Wednesday 5.30pm-6.45pm (9-15YO)

Thursday 4.15pm-5.30pm (9-15YO)

Saturday 10.30am-11.45am (9-15YO)

ADULT Classes (15 & up)

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

Monday 7.00pm-8.30pm (15yrs and up)

Wednesday 7.00pm-8.30pm (15yrs and up)

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

Monday 7.15pm-8.45pm

Tuesday 7.00pm-8.30pm

Thursday 7.00pm-8.30pm

☺ Beginners are always welcome ☺