

KARATE & KOBUDO

Learn traditional Okinawan
self defence martial arts.



Regular training :

- Improves physical conditioning
- Improves coordination
- Develops flexibility
- Boost confidence and self esteem
- Enhance focus and concentration

Ultimately building a healthy body, mind and
spirit leading to better quality of life.



Goju-ryu Meibukan Karate



Kobu-ryu Kobudo

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<https://penshurstmartialarts.com.au>

なら一すん道場

