KARATE & KOBUDO

Learn traditional Okinawan self defence martial arts.

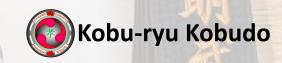


Regular training:

- ° 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.





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https://penshurstmartialarts.com.au

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