



KidsTM Karate

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Where every child is a winner and every child is special!

Who can get involved with Kids KarateTM?

Boys and girls as young as five; who like to do new and exciting things; who don't like to be afraid and who need to grow up with self-confidence; who deserve more from a sporting program than sitting on a bench or on the side lines.

Why a Karate Class Exclusively for Kids?

Children can train with others their own size, age, and maturity. Injury doesn't have to be a necessary part of learning. Specialized programs and activities are available to enhance the Kids KarateTM experience. Children can be taught not to be bullies.

Why Karate For Kids?

Self Confidence – It doesn't come naturally for many children, but rather is developed over a period of time. As a child accomplishes new goals, his or her confidence level increases. Children become more self confident in karate because they progress individually at their own pace and are not judged against others.

Better Grades – Being a karate kid also means being a better student. All children in the Kids KarateTM program learn skills, such as following directions, paying attention in class, and participate in class activities that help them to become better students.

Every Child Wins – In karate, every child can be a winner instead of a bench sitter, because karate allows children to reach for their own potential rather than directly competing against other children.

Coordination – Kids KarateTM challenges the entire body, developing coordination, balance, agility and poise, often neglected in many team sports available to children in this age group.

Fun – Karate lessons are a dynamic and challenging approach to the martial arts for children who are athletic, energetic, awkward or shy, bold nice or maybe even a little wild once in awhile... karate is probably for a kid just like yours.

Self Defence – Children's self defence takes many forms. Karate teaches children to think instead of panic in potentially serious situations as well as how to react to threats from other kids.

Our Teaching Concept

The Kids KarateTM system is based on a lifetime learning concept in addition to technical skills. Our basic building blocks for our system are:

- **Courtesy**
- **Self Discipline**
- **Respect**
- **Self Awareness**
- **Confidence**
- **Self Esteem**
- **Honesty**
- **Perseverance**

First two lessons FREE!

CLASS TIMES

Westbourne Park Primary School
Goodwood Rd, Westbourne Park
Mondays & Wednesdays at 6.00pm

Mitcham Primary School
Hillview Rd, Kingswood
Tuesdays & Thursdays at 6.00pm

For further information telephone
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