

FREE

Kyokushin Karate

FREE

**FREE Karate training for 1 month.
The training is suitable for all ages
from age 8 to 88**



GIVE IT A GO!

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TRAINING WITH A PURPOSE

**Increase fitness, gain strength,
gain confidence and flexibility,
learn self defence.**



**Qualified instructors and approved by
Mas Oyama Karate New Zealand**

**Kaikan Dojo Christchurch
89a Sparks Road, Hoon Hay
Tuesday and Thursday 6 - 7pm
phone: 027 4762243**

email: robert.engelken@gmail.com

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