

Holiday KARATE Camp

Kuro Obi Martial Arts in Petersham is offering full day camps/seminars to primary school aged children aged 8 to 12 years old. Only 10 spaces per day.



Thu-Fri 20-21 Dec
Mon-Wed 7-9 Jan
Mon-Wed 14-16 Jan
9:30 am – 3:30pm
\$90/day

- Introduction and brief history of Karate
- Cardio fitness and stretching
- Basic karate techniques: blocking, punching, kicking
- Safety awareness
- Japanese Calligraphy
- Learn to punch and kick on kick-shields
- Basic self-defense

No previous martial arts experience necessary.

More information <http://kuro-obi.com.au/summercamp>

Or call 0414 777251

Book directly at <http://trybooking.com/ZOQD>