

KARATE & JU-JITSU



We are a family club for families. We cater for children, from 4 years, focusing on: discipline, co-ordination, focus, self-esteem, confidence, anti-bullying.

Beginner classes on now!

FREE TRIAL LESSON

- ✓ Catering to all ages and abilities
- ✓ Affordable rates
- ✓ Positive, encouraging environment
- ✓ Parents can train with their children
- ✓ Flexible training options
- ✓ Self-defence classes for women & girls



CANNON HILL

School of Arts
Tuesday & Thursday

MANLY WEST

Moreton Bay Boys College
Monday & Friday

MT GRAVATT

Wednesday & Thursday

NORMAN PARK

Norman Park State School
Saturday

Website

www.afmaclub.com.au

More Information

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