

KARATE for LEARNERS

KARATE is the perfect sporting medium to develop the mind and Body, from as young as 4 years old. Give your child an advantage, **COUNTER BULLYING**, create **CONFIDENCE**, build a **positive SELF – ESTEEM**, **CO-ORDINATION**, **DISCIPLINE** and most importantly.... **RESPECT**!.

Karate classes are offered by the Chief instructor **SHIHAN CHARMAINE ABRAHAMS**.

Shihan Charmaine Abrahams, a 5th Dan KYOKUSHIN MARTIAL ARTS INSTRUCTOR has been teaching martial arts for more than 35 years. She is internationally recognized as a leader in Kyokushin karate, also a recognized Martial Arts teacher and Senior instructor with the IKO Kyokushinkaikan Union at SHIHAN **BAS VAN STENIS Dojo in Green Point, Cape Town**. **The only female Karateka outside Japan to be recognized as Master by the IKOKU** and has represented South Africa on numerous occasions internationally.

Classes conducted once a week for Girls and Boys, all ages starting at 4 years at the **JAN VAN RIEBEECK SPORTING FACILITY,, JUBILEUM Hall situated on the cnr of Welgemeend & Kamp Street, Gardens**.

Cost: R1190 per school Term per child.

Any enquiries contact Shihan Charmaine at charmaineabrahams31@gmail.com Cell 082 321 2180
The JvR karate club is a member of Kyokushin Cape Town NPO 193 256- IKO Kyokushinkaikan Union Japan

Visit our **FB Page**: Kyokushin Karate Green Point Cape Town. **Instagram**: Kyokushin Karate Green Point or our **Website**: www.karatekyokushin.za.org

MAKE THE CHANGE IN YOUR CHILDS LIFE. #KYOKUSHIN KARATE



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