

Make your next birthday party a...

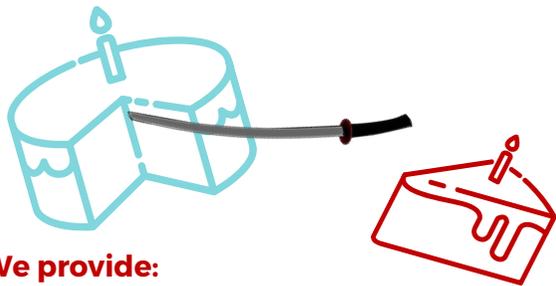
# KARATE BIRTHDAY PARTY!

If you are looking for a **unique party experience**, a karate party is the way to go!

Children participate in a variety of **exciting martial arts activities** catered to suit their age group.

Our **1.5 hour party** is loads of fun, with the added benefit of having **fitness and self-defence** as our main activities!

The birthday child also gets to cut the cake with a **Tantos Sword!**



**We provide:**

- Venue - 150m<sup>2</sup> matted floor
- 2 instructors
- Invitations
- Activities
- Gift Certificates for all guests
- We set up, we clean up

**Please see birthday brochure for booking form and full details.**



**Kids Timetable**

Please arrive 10 minutes before any class.

	Tuesday	Wednesday	Thursday	Friday	Saturday
	School Bookings Available				8:00am - Little Dragons (4 - 6 yrs)
					8:45am - White / Yellow
					9:30am - Orange / Blue
					10:15am - Green / Brown / Black
3:40pm - 4:25pm	Little Dragons (4 - 6 yrs)	White / Yellow	Little Dragons (4 - 6 yrs)	3:40pm - 4:25pm	White / Yellow
4:30pm - 5:15pm	Orange / Blue	Orange / Blue	White / Yellow	4:30pm - 5:15pm	Orange / Blue
5:20pm - 6:05pm	Green / Brown / Black	Green / Brown / Black	Green / Brown / Black	5:15pm - 6:00pm	Green / Brown / Black
6:30pm - 7:30pm				6:00pm - 6:45pm	BBC with Kyoshi Justin (alternating weeks)
					Birthday Party Bookings Available!

**Adults Timetable**

Please arrive 10 minutes before any class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am - 7:30am		Fitness		Fitness		Roy's Fitness class \$20
9:30am - 10:30am		Ladies Only Fitness	Price for non-members \$25/Class or 10 = \$200	Ladies Only Fitness		Roy's Fitness class \$20
12pm		Open Mat (by booking only)		Open Mat (by booking only)		Open Mat (by booking only)
6:30pm - 7:30pm	MT (Fitness) with Roy	6:20pm - 7:20pm Freestyle Martial Arts	Muay Thai Techniques	Freestyle Martial Arts	6:50pm - 7:50pm BJJ with Coach Justin (Alternating Weeks)	
7:30pm - 8:30pm	BJJ with Locky (Blue Belt)	7:30pm - 8:45pm Shin Sei Kan WA School of Japanese Swordsmanship	BJJ with Coach Glen (Purple Belt)	Sword practice (Upstairs)	7:pm - 8:00pm Muay Thai Sparring	



**SELF-CONFIDENCE,**

**SELF-DEFENCE,**

**SELF-CONTROL,**

**FOCUS,**

**RESPECT,**

**DISCIPLINE,**

**AND MORE...**

**ALL IN ONE PLACE:**



## SCHOOL OF FREESTYLE MARTIAL ARTS

Call Renshi Glen today to book your **FREE TRIAL!**

14 Government Road, Nedlands, WA 6009

0429 123 202

admin@sofma.com.au

www.schooloffreestylemartialarts.com.au

Come find us! @schooloffreestylemartialarts





### Little Dragons, Ages 4 - 6 Early Learning Program

We teach kids respect, focus, discipline, self-control, stranger danger and anti-bullying through a rotating syllabus. Everything a parent wants for their child!



### Kids Freestyle Martial Arts Character Development Program

Through goal setting and physical challenges, we help guide your child to achieve their best. You will notice a visible change in your child's self-control, behaviour, and academic performance.



### Adults Freestyle Martial Arts Self-Defence & Fitness

Our flexible program incorporates all the traditions of karate, including self-control, self-confidence, respect and discipline. Freestyle martial arts combines punches, kicks, grabs and ground control, making it a perfect all-round street defence.



### Shadow Warriors - Muay Thai For Fitness or Competition

You can get fit, get strong, or test your skills. Either way, you will walk out healthier and happier!



### Silverbacks - Brazilian Jiu Jitsu Ground Defence

Take it to the ground under the Coach John Donehue System! In today's society you must be well versed in ground defence - standing is sometimes not an option!



### WA School of Japanese Swordsmanship Shin Sei Kan Sword training!

Shihan Peter James has been involved in Martial Arts for over 45 years and has a passion for edged weapons. Shihan combined his knowledge into a style he named Shin Sei Kan (true or pure style) which contains a blend of the techniques from a number of styles he has trained in,

# PRICING

## MEMBERSHIP

**\$200 joining fee includes:**  
uniform (t-shirt & gi), club patch, water bottle, administration, first year of insurance, and first two weeks of training

## ADULTS & KIDS CLASSES

unlimited classes  
\$85 per fortnight

### KIDS CLASSES

**Little Dragons**  
ages 4 - 6  
once a week  
\$22.50 per class

### ADULTS CLASSES

ages 14+  
**Freestyle Martial Arts**  
**Brazilian Jiu Jitsu**

**Freestyle Martial Arts**  
ages 7 - 14

**Muay Thai**

## OTHER CLASSES

**Swordsmanship**  
ages 18+  
once a week  
\$25 per class

**CORPORATE, SCHOOLS, AND  
GROUP SESSIONS**  
prices on application  
subject to change