

Make your next birthday party a...

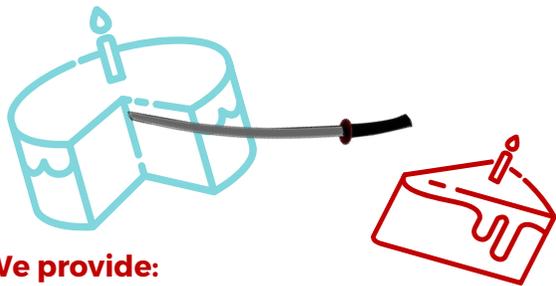
KARATE BIRTHDAY PARTY!

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 - 150m² 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
3:40pm - 4:25pm	Little Dragons (4 - 6 yrs)	White / Yellow	Little Dragons (4 - 6 yrs)	3:40pm - 4:25pm	10:15am - Green / Brown / Black
4:30pm - 5:15pm	Orange / Blue	Orange / Blue	White / Yellow	4:30pm - 5:15pm	Birthday Party Bookings Available!
5:20pm - 6:05pm	Green / Brown / Black	Green / Brown / Black	Green / Brown / Black	5:15pm - 6:00pm	
6:30pm - 7:30pm				6:00pm - 6:45pm	
				BBC with Kyoshi Justin (alternating weeks)	

Adults Timetable

Please arrive 10 minutes before any class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am - 7:30am		Fitness		Fitness		8:00am - 8:45am - Roy's Fitness class \$20
9:30am - 10:30am		Ladies Only Fitness	Price for non-members \$25/Class or 10 = \$200	Ladies Only Fitness		8:45am - 9:30pm - Roy's Fitness class \$20
12pm		Open Mat (by booking only)		Open Mat (by booking only)		12pm - 1pm - 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	



HEALTH, FITNESS,

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