



Kids Karate/Self Defence

Kalamunda kids karate classes (5-11 years old) are structured to provide a balanced mixture of physical activity, self-defence training and fun. These classes instil in the children better confidence, hand-eye coordination skills and discipline as well as being great for fitness.

As of Term 3 we are commencing Kids Brazilian Jiu-Jitsu classes (from 8 -11 years), this martial art is combat sport and works on the concept that a smaller weaker person can successfully defend against a larger opponent using technique, leverage and submission holds.

Both Kids Karate and Brazilian Jiu – Jitsu classes also coincide with school terms to allow for family holiday periods.

All classes are run by fully qualified and accredited instructors and beginners may start at any time during the term, as all training is ongoing.

Beginner Kids Karate Class times are:

Monday – Friday 3:45pm – 4:30pm

Saturday: 11.30am – 12.15pm

Kids Brazilian Jiu-Jitsu times are

Thursday 4:15pm to 5:30pm and Saturday 11am -12pm

At Kalamunda Kickboxing & Martial Arts
1/27 Laurence Road,
WALLISTON, WA, 6076.

For further information or to book a place for your child/children please contact the office on:

Ph.: (08) 6293 1633

Email: info@kalamundakickboxing.com.au

Website: www.kalamundakickboxing.com.au