

ADULT KARATE CLASSES NOW STARTING

CALL SEMPAI KEN 0438658699 OR SEMPAI RHANA 0400311552

**Senjo Dojo Rockhampton is NOW accepting adult
beginners 18 years & up**

- Self Defence
- Become confident and feel great
- Huge sense of achievement
- Weight loss
- Relieve stress
- Increase fitness

**Ideal for learning self defence in a fun and positive way
Options to enter tournaments – Kata and Kumite**



First month training free

- just pay membership fee



@senjodojorockhampton

Mon 6pm -7.30pm

Wed 6pm - 7.30pm