



Blue Mountains Kyokushin Karate

Kyokushin Karate is a traditional Japanese Martial Art, or Budo Karate. In Kyokushin Karate emphasis is placed on discipline of the mind, body and spirit, the result is both effective self-defence and personal development.

Benefits of Kyokushin Karate

- ✓ Improved listening skills.
- ✓ Improved hand-eye coordination.
- ✓ Improved memory and focus.
- ✓ Improved fitness, weight loss and toning.
- ✓ Reduce stress and anxiety.
- ✓ Increased flexibility and speed.
- ✓ Improved balance, agility and co-ordination.
- ✓ Spatial Awareness.
- ✓ Self-discipline and self-confidence.
- ✓ Clarity of mind and emotional control.
- ✓ Improved concentration, focus and stillness.
- ✓ Improved strength and faster reflexes.
- ✓ Learning an effective form of self-defence.
- ✓ Friendly and supportive club atmosphere.



Training Sessions	
Monday (#)	
Children	Adults
5:30pm - 6:15pm	6:30pm - 8:00pm
Sunday (*)	
9:30am - 10:30am	8:00am - 9:00am

Interested?

Contact **Sensei Darren** on
 m: **0412 507 051** or
 e: bluemountainsskyokushin@gmail.com
 f: [Blue Mountains Kyokushin Karate](#)

or visit us at,
St Canice's Parish Hall (#),
158 Katoomba Street,
Katoomba NSW 2780 and Wentworth Falls Lake (*)



Like [Blue Mountains Kyokushin Karate](#) on Facebook

'Free Trial'

Try out our training before you join - no cost, no obligation.

