

RYUKYU SHOTOKAN KARATE

**"ENCOURAGEMENT
NOT CRITICISM"**

LINDISFARNE ACTIVITIES CTR
(37A LINCOLN ST)

FIRST CLASS FREE

Sensei Chris Cousens



0409 359 369

FRIDAY



4-7 YEARS 4:30-5:00

8-12 YEARS 5:00-6:00

SENIORS 6:00-7:30

Dojos in Lauderdale, Claremont,
Old Beach, Sorell and Lindisfarne.