

NEWSLETTER

DALBY GYMPIE KINGAROY NANANGO



Fitness And Safety School

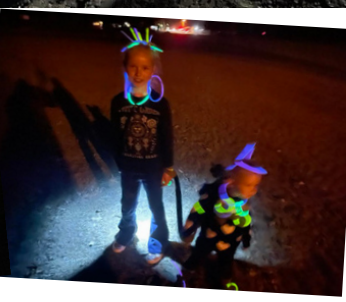
MIXMA
SELF-DEFENCE

NEON NIGHT WALK

Our BEST Neon Night Walk EVER!

Oh what a night! Over 80 wonderful people came out in the dark and cold for a laughter filled walk to Hannibals Bucket and back to the Lions Park for a sausage sizzle.

We were so lucky to be able to give away hundreds of glow sticks and sausages for this occasion, as well as Goody Bags for everyone! This community has withstood flood, fire and more in recent years, and it was amazing to see everyone getting together and having fun. Thanks to the DDWMPHN for making this years event possible.



KEY DATES

Pyjama Classes

Wednesday & Thursday
26th & 27th July

FairPlay Vouchers

July

Kingaroy Open

Sunday 6th August

Black Belt Grading

2nd September

World Cup 2023

20th -22nd October



KARATE 4 KIDS IS PROUDLY SUPPORTED BY



ESSENTIAL
HEALTH SERVICES

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SBKA NEWS



SEMINARS

BRISBANE OPEN

25th June 2023

Our most recent competition was a MASSIVE day, with 118 competitors! Our students excelled as usual - and yes, our very own Zak Hartman is still No.1 at highest kick!



We have been very lucky this year to be able to offer some learning opportunities to the competition community. We have hosted a Sports Injury & Prevention seminar, a First Aid course, and have one more upcoming on the 5th August. This one is for ANYONE who would like to know more about the events, rules and tips and tricks for entering in these events!



Enter our competition in Kingaroy, and see what all the fuss is about!

Beginners welcome - all competitors are placed in age and level categories that suit their training.

We have a very special discount for all Karate 4 Kids students, check your email or ask your Instructor for more information.

Come along to Tournament Training each week to boost your skills and confidence in the lead up!

KINGAROY OPEN

PROMOTER: GEOFF FRENCH 0437 770 595

06.08.2023 KINGAROY STATE HIGH MARKWELL ST.

DOORS OPEN 8AM

Sword Combat
Clash Sparring
Traditional Form
Weapons
Tricking
Kick Light
Grappling
Point Sparring
Sumo
Highest Kick

ENTER ONLINE WWW.ISKA.COM.AU



GIRLS ONLY

SELF DEFENCE & FITNESS CLASSES

EVERY TUESDAY 6-7PM

Commencing Tuesday, February 7

At Karate 4 kids, 11/27-31 Pound Street Kingaroy

This is a FREE weekly class for ALL SOUTH BURNETT women as part of the CTC Safer Communities Program. No registration is required - just wear comfortable clothes, bring your own water bottle and come enjoy a fun, supportive & empowering female-only mixed martial arts and fitness class.

Transportation can be arranged by calling Kate on 0429 190 713

This program received grant funding from the Australian Government through the Safer Communities Fund Round 6 Early Intervention grants stream

TOURNAMENT TRAINING

START YOUR JOURNEY TO BE A WORLD CHAMPION NOW!

KARATE 4 KIDS

GYMPIE MONDAYS 5:50-6:30PM
ROY SATURDAYS 9-11 AM
SCHOOL TERM ONLY

ALL LEVELS
SPECIFIC EVENT TRAINING

GYMPIE

Monday 5:50pm

KINGAROY

Saturday 10am

WEAPONS TRAINING

KINGAROY: SATURDAY MORNINGS

\$5 PER STUDENT

PURPLE BELTS & ABOVE

8 YEARS +

KARATE 4 KIDS

PJ DAY!

JOIN US AS WE TRAIN IN OUR P.J'S ON WEDNESDAY 26TH & THURSDAY 27TH JULY

RUG UP AND HAVE FUN WITH US!

15th ANNIVERSARY

KARATE 4 KIDS Fitness And Safety School

SBKA

MIXMA SELF-DEFENCE



KARATE 4 KIDS IS PROUDLY SUPPORTED BY

SOUTH BURNETT TRUCK RENTAL

0438 633 213

11 KING ST NANANGO

Mate's Rates!

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