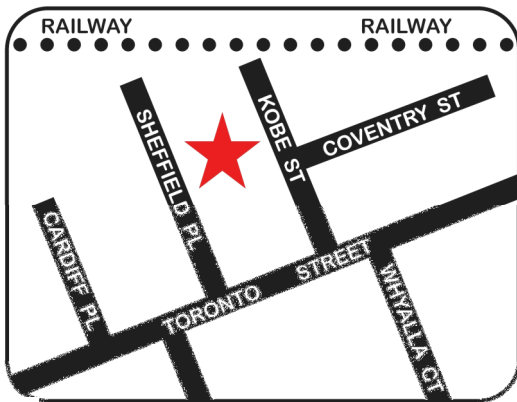


NEW LARGER - FULL TIME CENTRE:

Our new and larger full-time fully equipped centre is located at 5 / 6 Sheffield Place, in the Bathurst Industrial Park in Kelso, just down from Bathurst Laser Skirmish and next to the Australia Post Depot.

- Classes for kids, teens, adults, corporate groups, schools and other organisations.
- Full-time centre offering a flexible schedule for the busy family
- Private training and personal instruction available by appointment.

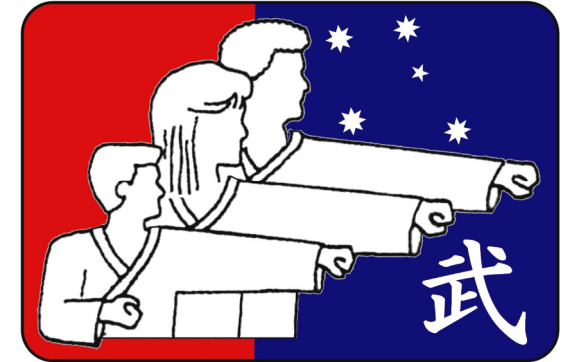


NEW: Unlimited classes and use of fitness gym!

FREE 1 month (30 days) Intro Program and Free Uniform*
(Valued at \$160.00)
New larger full-time fully equipped centre...



If undelivered, please return to:
PO Box 9271
BATHURST NSW 2795
Tel: (02) 6376 7081



WELCOME BACK TO TRAINING!

- **FREE 1 month of classes**
- New and larger full-time centre
- 170 square metres of new mats
- New gym and new equipment
- Unlimited classes and gym use
- New Pro-Star Mixed Martial Arts
- Fun Pro-star Fitness Kick-boxing
- New instructors and programs
- Budgeted economical fees!
- Low cost martial arts shop
- Traditional Japanese jujutsu

CALL NOW:
 6376 7081

www.martialartsaustralia.info



FREE 1 month intro

Unlimited classes and use of gym!

CALL NOW:

6376 7081

0437 905060

training@martialartsaustralia.info

30 day money back guarantee

*Issued upon enrolment and registration

POSTCODE



MARTIAL ARTS AUSTRALIA:

Martial arts training is so popular these days as no other activity can provide the same positive results on a personal level for each individual participant. Whether your goals are self confidence, self defence, leadership skills, fitness, flexibility or to earn a black belt, Martial Arts Australia will take you there. We offer a wide range of benefits for everyone. We believe that the martial arts has something to offer all people, whether it's developing focus for the kids, increasing fitness and health for adults or providing a fantastic activity for the whole family.

Through our unique martial arts program you will enjoy every minute of your training as reach new levels of fitness, experienced self confidence and learn the mental and physical skills necessary to defend yourself and your love ones.

BENEFITS:

Founded on the principles of teaching excellence, personal attention and tradition, we provide you with the most complete and effective methods to reach your potential. Martial Arts Australia has developed proven teaching methods that will help you and your family learn self defence quickly and provides a wide range of exciting benefits:

- ✓ Improved reflexes and coordination
- ✓ Increased strength and stamina
- ✓ Effective self defence and protection skills
- ✓ Excellent fitness workout

- ✓ Improved concentration
- ✓ Reduced stress and tension
- ✓ Peace of mind and security
- ✓ Increased confidence and discipline
- ✓ Improved health and overall lifestyle

TRADITIONAL MARTIAL ARTS:

- 🌀 **Self Defence:**
Learn to defend yourself against grabs, punches, kicks and attacks with weapons using core striking and grappling skills.
- 🌀 **Traditional weapons training:**
Relieve stress and improve your focus and coordination with the samurai sword, 6-ft staff, 3-ft stick, spear and pole-arm etc.
- 🌀 **Warrior philosophy:**
Learn bushido (*the way of the warrior*) and respond to daily challenges in life and business with focus and determination
- 🌀 **Mind-body-and-spirit:**
Meditation, stretching and strengthening exercises will focus your mind, increase fitness, improve strength and maintain health.

FOR THE GIRLS:

With crime on the rise and violent assaults on females increasing, it pays for the woman of today to have first hand self defence knowledge and skills. Martial Arts Australia offers specialised self defence courses and traditional martial arts classes so you can learn the basics of self defence quickly and easily. We will teach you to defend yourself against, grab attacks, punches, kicks and attacks with weapons.

Along with the confidence and peace of mind of knowing you can protect yourself - Martial Arts Australia is a fantastic and exciting way to get fit, stay in shape, lose weight, tone your body and coordinate all aspects of the mind-body-and-spirit.

FOR THE GUYS:

Learn to defend yourself and your family while getting fitter, stronger and stay in shape. Martial Arts Australia offers benefits far above and beyond a gym membership

The understanding and application of martial arts principles will enable you to confront and respond decisively and without hesitation to daily challenges in life, business or the street with focus, intensity and resolute determination.

The emphasis in training is on developing the ability to remain calm and in control, especially when under pressure or facing a difficult situation.

FOR THE KIDS:

Martial Arts Australia classes offer a whole range of benefits to aid in your child's learning development, athletic skills along with sporting and education achievements. Along with the improved motor-skills such as coordination, balance and agility; our martial arts classes offers a number of far reaching life-skills and other educational benefits.

Martial Arts Australia classes will enable your child to also learn self discipline, self control, self respect, concentration, focus and self confidence. These benefits will assist in your child's overall growth and development in excelling at home, in sports and in life.