



JKA 日本空手協会
JAPAN KARATE ASSOCIATION
The Keeper of Karate's Highest Tradition

Learn Karate in Grange and Wilston

JKA Grange Dojo

Thursday at Grange Bowls Club, Level 1, 79 Sellheim Street, Grange

JKA Wilston Dojo

Monday at Trinity Uniting Church Hall, Corner of Hawdon Street & Kedron Brook Road, Wilston

Traditional JKA Shotokan karate-do taught by Pól Sensei. Over 35 years training and teaching experience in Japan, Europe and Australia.

Women & men, children, able bodied & disabled are all welcome to join and experience traditional JKA Shotokan. Children aged from 7 years onwards

***** **First lesson is free** *****

Private lessons are available by appointment with Pól

Class times: Monday and Thursday

Children – 5pm – 6pm

Adults – 6pm – 7:30pm

Please contact Pól – 0425 179 279

enquiries@jkaaustralia.com.au



*Develop self-confidence - Enhance concentration - Get fit & stay in shape
Increase flexibility - Learn self-defence - Make new friends - Relieve stress*



社団法人 豪州日本空手協会
Japan Karate Association (JKA) Australia Inc.

Dojo Kun (Training Hall Rules)

一、人格完成に努むること

Hitotsu, jinkaku kansei ni tsutomuru koto

Seek perfection of character

一、誠の道を守ること

Hitotsu, makoto no michi wo mamoru koto

Be faithful

一、努力の精神を養うこと

Hitotsu, doryōku no seishin wo yashinau koto

Endeavour

一、礼儀を重んずること

hitotsu, reigi wo omonzuru koto

Respect Others

一、血気の勇を戒むること

Hitotsu, kekki no yū wo imashimuru koto

Refrain from violent behaviour



It's for Anybody no matter how young or old,
fitness level or ability.

For those who wish to try something different
from weights, aerobics or running why not try
traditional JKA karate



The JKA grade or colour belt system:

White Belt - 10th Kyu

Yellow Belt with White Stripe - 9th Kyu

Yellow Belt - 8th Kyu

Orange Belt - 7th Kyu

Green Belt - 6th Kyu

Blue Belt - 5th Kyu

Purple Belt - 4th Kyu

Brown Belt - 3rd Kyu to 1st Kyu

Black belt – 1st Dan to 10th Dan

JKA Australia Benefits:

- Resident Japanese Master in Australia
- Excellent training under the tutelage of JKA accredited instructors
- Be part of the largest karate organisation in the world
- Learn traditional Japanese karate, Japanese language terminology, culture & history
- Compete at State, National and World wide levels (not compulsory)
- All members are fully insured



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