

Learning a martial art helps build self-confidence, discipline and respect, and it's fun too. Family-friendly. All abilities. Suitable for ages 7+.

- ★ Build self-confidence
- ★ Build self-esteem
- ★ Develop flexibility and fitness
- ★ Learn self-defence
- ★ Have fun!

Kurwongbah State School Hall, Eacham St, Petrie Tuesdays and Thursdays 6pm - 7pm

Register today for your free trial at

lotusfiremartialarts@gmail.com, or phone 0481 451 128 for more information.

Free Trial

Family Friendly

Training sessions during school terms, excluding public holidays.