

BARNES KARATE

TRADITIONAL OKINAWAN
KARATE & KOBUDO

4 week trial for \$25!

Registration Now open for 2023

First 20 confirmed and paid students

Dojo Location

Western Australia

PERTH - North of the River

Newborough PS



Classes for 4 years & Up (Bonsai Ninja's)

Juniors, Teens, Parents and Adults

Kyoshi Sheldon Barnes

M: 0401 676 700

sbarneskarate@gmail.com

www.barneskarate.com

for detailed class times

- Improve Focus
- Better Attitude
- Build Self-Confidence
- Improve Self-Esteem
- Flexibility and Coordination
- Learn Respect and Discipline
- Have Fun!