



[**NSK**]

SCHOOLS PROGRAM OVERVIEW

The Northern Shukokai Karate school program provides the opportunity for the youngest members of our community to explore a range of practical skills that improve their ability to effectively combat commonly experienced threats including harassment, bullying, sexual and physical violence.



All programs are modified to appropriately address current affairs faced by your students and include special consideration for age, gender and intellectual abilities.

We proudly provide holistic programs that include physical and non physical components aimed at developing the whole child including mind, body and spirit.

PROGRAM DETAILS AND PRICING

Single session option:

1 x 1 hour session (25 students) - **\$275/session**

Inclusions:

- Introduction to Northern Shukokai Karate code of conduct
- Non physical component on developing a culture of positive attitude, determination and perseverance.
- Physical beginners lesson on physical fitness whilst developing skills based on the traditional Shukokai Karate style.

Termly option (highly recommended):

9 x 1 hour session (25 students) - **\$220/session**

Inclusions:

- Introduction to Northern Shukokai Karate code of conduct
- Non physical components on developing a culture of positive attitude, determination and perseverance.
- Customised and progressive lessons on physical fitness whilst developing skills based on the traditional Shukokai Karate style.

For more information, call 0407 542 953