



# KARATE



**First class a free trial**



**3pm to 4pm**

We practice Dentokan Okinawa Goju Ryu Karate. Instructor with over 40 years experience.

[www.cheketrikarate.com](http://www.cheketrikarate.com)

**Contact us:**

**pmdrlops@xtra.co.nz**

**Every Friday  
Alfriston Hall**

**300 Mill Rd Takanini**