



GKR KARATE

KARATE FOR EVERYONE

Brisbane Region 11

Regional Manager/Senior Instructor – Sensei Ray Bettridge M 0413 991 517 E region11au@gkrkarate.com
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DOJO	ADDRESS	MON	TUE	WED	THU	FRI	SAT	SUN
ALBANY CREEK	Albany Creek State High School	6.00 - 7.30						
STAFFORD HEIGHTS 1	Somerset Hills State School	5.00 - 6.00		5.00 - 6.00 White - Yellow	5.00 - 6.00		9.00 -10.00 White - Yellow	
STAFFORD HEIGHTS 2	Somerset Hills State School			6.15 - 7.15 Orange +			10.15 - 11.15 Orange +	
EVERTON PARK	Everton Park State School Entrance staff carpark							9.30-11.00
MITCHELTON	Mitchelton State High School	5.45 – 7.15		6.00 - 7.30				
THE GAP	Payne Road State School		6.00 - 7.30		6.00 - 7.30			
BANYO	Earnshaw College, Banyo	6.15 - 7.15		6.15 -7.15				
VIRGINIA	Virginia State School Entrance staff carpark		5.00 - 6.00		5.00 - 6.00		9.30 - 10.30	
HENDRA	Our Lady of Help Christians School	5.00 - 6.00		5.00 - 6.00				
TAIGUM 1	Taigum State School	6.00 – 7.00		5.00-6.00				
TAIGUM 2	Taigum State School			6.15-7.30 Blue Belt +				

04/03/2024

GENERAL INFORMATION

All of the above classes (unless specified) are open to all ages and grades.

Gradings 8th Kyu and above are held at Banyo Dojo every 2nd Sunday of each Month.

All classes run during Public and School Holidays with the exception of the Christmas/New Year period.

No Jewellery permitted. Earrings, rings and watches must be removed or taped prior to class.

Please bring a drink bottle to each class.

Arrive 10-15 minutes early before each class starts.