



Scott and Michelle Donaldson
9761 1642 or 0410 335 339
dragonaldson@bigpond.com
www.southwest-goju-karate.com



Blackwood Karate

Traditional Karate Training for Everyone

Self Defence

Fitness

Discipline

Coordination

Confidence

Flexibility

Respect

Stranger Danger

Blackwood Karate open in February 2010 and is based in Bridgetown to serve the broader Blackwood Valley region.

As a family club, Blackwood Karate teaches practical self-defence for children, teenagers and adults, with a focus on good discipline, respect and developing self-confidence. Karate training will improve your fitness, coordination, balance and flexibility.

Instructors Scott and Michelle Donaldson are devoted students and teachers of Karate, with over 25 years of combined martial arts experience. Both trained together in Perth, London and the South West in another karate club based on Goju and Shotokan styles, where Scott achieved the rank of 3rd Level (Sandan) Black Belt and Michelle the rank of 2nd Level (Nidan) Black Belt.

Scott and Michelle commenced training in Goju Ryu Karate in 2009 under Chief Instructor Alan Burdett and Assistant Chief Instructor Klaus Mueller, with Scott graded to 1st Dan (Shodan) Black Belt in May 2010 and Michelle graded to 4th Kyu in October 2009. Scott received his Bronze Level National Coaching Accreditation in January 2011. As experienced instructors Scott and Michelle are dedicated to helping all Blackwood Karate students achieve their best.

Blackwood Karate offers five classes a week during school terms, held in the Bridgetown Town Hall, with a Little Bears class for four and five year olds, a Junior class for six to eleven year olds and their parents, and a Senior class for teenagers and adults. Beginners and experienced students are welcome to train.

Please contact either Scott or Michelle with any queries on 9761 1642 or 0410 335 339 or via email dragonaldson@bigpond.com.