

3 MCCORMACKS BAY ROAD,  
MOUNT PLEASANT, CHRISTCHURCH 8081



**PROACTIVE**  
MARTIAL ARTS

027 262 2248  
[WWW.SELFDEFENCE.CO.NZ](http://WWW.SELFDEFENCE.CO.NZ)

<b>PMA SYSTEMS</b>	<b>AGE</b>	<b>MONDAY</b>	<b>WEDNESDAY</b>
<b>TIGERS KARATE</b>	<b>JUNIOR 4-7</b>	4:30 – 5:00 PM	4:30 – 5:00 PM
<b>PANTHERS KARATE</b>	<b>YOUTH 8-11</b>	5:10 – 5:55 PM	5:10 – 5:55 PM
<b>XTREME MARTIAL ARTS</b>	<b>TEEN 12-15</b>	6:00 – 6:50 PM	6:00 – 6:50 PM
<b>FREESTYLE MARTIAL ARTS</b> (ZEN DO KAI)	<b>ADULTS 16+</b>	6:00 – 6:50 PM	6:00 – 6:50 PM