

Karate Club

Ages 4 - 18+

Dynamic martial arts programme

Online & In-Person Activity



About

Bryanston Karate offers a dynamic martial arts programme designed to build discipline, confidence, and physical fitness. Our courses cater to all ages and skill levels, focusing on traditional karate techniques, self-defense, and personal growth. Teneo students may find our program appealing due to its emphasis on developing mental focus, resilience, and teamwork—qualities that align with their academic and personal goals. Students can expect to achieve enhanced physical conditioning, improved self-defense skills, and a deeper understanding of karate's philosophy, fostering both personal and academic development.

Bryanston Karate offers flexible training options with both virtual and in-person classes to suit your schedule and preferences. Our in-person classes are available at convenient locations in Randburg, Fourways, and Bryanston, accommodating various days and times to fit your needs. For those who prefer remote learning or have busy schedules, our virtual classes provide the same high-quality instruction from the comfort of your home. Whether you choose to train with us in person or online, you'll experience the same commitment to excellence, personal growth, and skill development that defines Bryanston Karate.

Date

Immediate

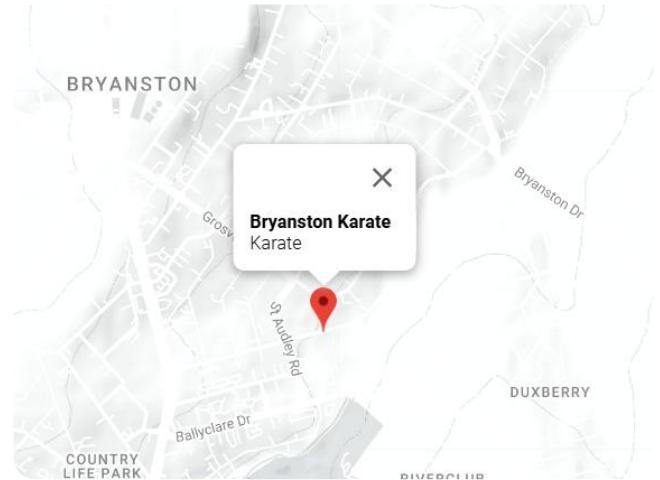
Cost

R899pm

Payable in advance monthly

Location

40 West Hertford Road, Bryanston, Sandton, 2191



Duration

1 hour/lesson

Lesson times

- 5:30pm to 6:30pm
- Tuesday and Thursday

Who can join?

Ages 4 - 18+

Ready to sign up?

Fill in your details to make an enquiry or join us for a fun-filled experience.

Join now