

BECOME THINNER, FITTER,  
STRONGER, CAMLER, WISER,  
MORE CONFIDENT AND BE  
ABLE TO KICK SERIOUS ASS.

CHANGE STARTS RIGHT NOW!





**Dave** "I have only been training in martial arts for 3 months but can honestly say that it has changed my whole way of life. I realise this sounds dramatic but the statement is 100% true. More importantly than the physical strength I have gained during my training is the mental strength."



**Gad** "All the trainers, bar none, bring something unique to each session: Ben's focus and humour, Darren's amazing commitment and technique, Max's enthusiasm and kindness. The grading experience was truly inspirational and made me believe that with the right mindset and commitment, anything can be achieved."



**Emma** "Martial Arts training is a personal journey for me, I have learned that I need to commit myself fully if I am to grow from this experience, every lesson I learn something new or become stronger. I feel so good about myself. I am loving every minute and having so much fun, thanks!"



*"I offer a free lesson because I had it offered to me over 30 years ago and it changed my life. Now I want give that gift to you. Martial Arts can change many aspects of yourself apart from the great physical benefits of training. Change starts today. You just have to give us a call."*

**Andy Dickinson, Northstar Founder**



**CHANGE STARTS NOW  
FREE LESSON  
Call 9810 5790**

372 DARLING STREET BALMAIN  
224 FALCON STREET NORTH SYDNEY  
[www.northstarmartialarts.com.au](http://www.northstarmartialarts.com.au)

