



THE FAMILY THAT PLAYS TOGETHER: The Moulder family – dad Barry with sons Scott, 12, and Luke, 9 – takes part in a Martin Phillips karate class for families.

PHOTO: CADE MOONEY/CM180637

Families kickin' it for fun

SC DAILY
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Instructor takes new approach

By **REBECCA BROWNLIE**

BETWEEN trying to cram everyday activities of work, school, homework and housework and everything else that seems to make your life time-strapped, there are barely any hours left for family time, let alone that nasty word: exercise.

However, nowadays, we hear it from all quarters that we should be spending quality time with our families as well as trying to set aside a couple of hours of exercise a week to keep our bodies fit and healthy.

Well, there is no need to beat yourself up about it as Sunshine Coast Karate Club has a solution to your problem.

Starting back in 2002 with one small class, the group's family classes have become so popular that they are now run three times a week.

The classes started purely out of convenience for families who were trying to be here, there and everywhere.

Martin Phillips and his wife, Sandra, run the club. He said he had started the class because "I found that we already had a lot of

families training but we wanted to be able to encourage them to work together and (the classes) turned out to be very popular."

Rather than leave the kids to their activities, parents can now join them and have some family time that benefits everyone.

Master instructor Martin said he found that "as a result, families have that extra thing in common that perhaps they didn't have before and, with the time factor, it has definitely brought families closer together".

Helen O'Grady, along with her son James, 10, and daughter Charlotte, 9, found the class a great way to exercise. "It put more fun into fitness and gave it more of a purpose," Helen said.

Martin firmly believes that a family that trains together, stays together.

Of the families who attend the class, he said, "(They) tend to be more capable of facing challenges together, they can push through obstacles a lot easier and there is no slackness because they motivate each other."

If you are interested in joining the club for some family fun, contact Martin or Sandra at Sunshine Coast Karate Club on 5452 7670.