



GKR KARATE

KARATE FOR EVERYONE



JOIN NOW & SAVE!

ASK ABOUT OUR SPECIAL STARTING OFFER

- BUILD confidence, strength and fitness
- IMPROVE co-ordination, flexibility & mental focus
- Karate for kids, teens, adults & families



GKR KARATE

KARATE FOR EVERYONE

DID YOU KNOW?



There are over 600 muscles in the human body & you will use every one of them during an average karate class.



Karate is an excellent way to improve strength and fitness with many students reporting significant weight loss.



Karate kicking engages all muscle groups in the upper and lower abdominal areas & strengthens the lower back.



Karate is an excellent way to improve strength and fitness. Training can greatly increase posture & vitality.



Children who train in karate are much less likely to be bullied as they develop greater self-confidence & respect.



Children's school work & class behaviour can be greatly improved through karate's disciplined training environment.

For information on classes near you, please call

We look forward to meeting you!

www.gkrkarate.com