

KARATE FACT SHEET

Did you know? There are over **600 muscles** in the human body and you will use every one of them during an average karate class.

Did you know? An adult can burn **hundreds of calories** in a typical one hour karate class with many students reporting significant weight loss during the first 6 months.

Did you know? Karate kicking engages **all muscle groups** in the upper and lower abdominal areas and strengthens the lower back.

Did you know? **Enhanced flexibility** from karate training can greatly increase posture and vitality ... and can assist in the prevention of many age - onset injuries.

Did you know? Children who train in karate are much less likely to be bullied – or become bullies – as they develop greater **self-confidence** and **respect** for others.

Did you know? Children's school work and classroom behaviour can be greatly improved through karate's **disciplined** and **respectful** training environment.

Did you know? Accomplishments in karate are often seen in a positive light by prospective employers who rightly attach images of **strength, trust** and **good character** to those who study it.

