



# GKR KARATE

KARATE FOR EVERYONE



## FREE TRIAL CLASSES AVAILABLE NOW

- Strengthen your Mind and Body
- Develop valuable Life Skills
- Reach your Maximum Potential

## 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.



Enhanced flexibility from karate 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 more information on classes near you, please call

Text/call Lewin on 07812 089 304  
or visit us at [gkrkarate.com](http://gkrkarate.com)

Our classes cater for children (5 years+), adults, and families. We look forward to meeting you!