



# GKR



## **FITNESS WITH PURPOSE**

- **Build Confidence**
- **Improve Fitness**
- **Gain Self Discipline**
- **Learn Self Defence**
- **Increase Focus**



## **SELF DEFENCE FOR ALL AGES**

✓ **NO CONTRACTS** ✓ **PAY AS YOU GO**

**SCAN CODE TO VIEW  
INFORMATION VIDEO**

[gkrkarate.com/promo](http://gkrkarate.com/promo)

