

DID YOU KNOW?



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



An adult student can burn over **1000 calories** in a typical one hour karate class with many 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 & respectful** training.

Visit our website **gkrkarate.com/promo** or call us for more information

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