



GKR KARATE

KARATE FOR EVERYONE



**FREE
UNIFORM**

+ DISCOUNTED MEMBERSHIP

■ CONFIDENCE ■ FOCUS ■ DISCIPLINE

PH:0415 915 721





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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.