

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.

gkrkarate.com



GKR KARATE

KARATE FOR EVERYONE



FREE UNIFORM

+ DISCOUNTED MEMBERSHIP

■ CONFIDENCE ■ FOCUS ■ DISCIPLINE

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Scan QR code or see inside for class timetable



REGION 49 – BRISTOL & SOUTH WALES

CLASS TIMETABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PATCHWAY 6.15-7.15pm & 7.20-8.20pm Patchway Comm Centre, Rodway Rd, BS34 5PF	EMERSONS GREEN 5-6pm & 6-7pm Emersons Green Village Hall, BS16 7AP	WARMLEY 5.30-6.30pm Warmley comm Centre, Deanery Rd, BS15 9JB	CALDICOT 5-6pm 2 nd Scout Hall, Sandy Lane, NP26 4NA	EMERSONS GREEN 6-7pm Emersons Green Village Hall, BS16 7AP		CALDICOT 10.30-11.30am 2 nd Scout Hall, Sandy Lane, NP26 4NA
BRADLEY STOKE 6-7pm BSCS School, Fidlers Wood Ln, BS32 9BS		YATE 6-7pm Yate Academy, Sundridge Park, BS37 4DX	FILTON 6-7pm (16 yrs +) Filton Comm Centre, Elm Park, BS34 7PS	FILTON 6.30-7.30pm & 7.45-8.45pm Filton Comm Centre, Elm Park, BS34 7PS		FILTON 10-11am Filton Comm Centre, Elm Park, BS34 7PS
		LOCKLEAZE 5.45-6.45pm Trinity Academy, Romney Ave, BS7 9BY		KEYNSHAM 5.30-6.30pm & 6.30-7.30pm The Fear Hall, High Street, BS31 1DQ		
				STOKE GIFFORD 6.15-7.15pm St Michael's Church Centre, North Rd, BS34 8PD		



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