

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.



GKR KARATE
KARATE FOR EVERYONE



**FREE
UNIFORM**

+ DISCOUNTED MEMBERSHIP

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



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