



Are you looking for a new challenge for 2017, a way to get fitter or learn some self-defense, have you thought of giving martial arts a try?

Well GKR Karate now has FREE trial classes.

We take all ages from 5 years old, and all abilities, karate is fitness with a purpose whatever your level or capability, it helps build confidence, (children who train in karate are less likely to be bullied as they develop greater confidence), increases focus and concentration, gain self-discipline (children's school work can be improved through karate's disciplined and respectful training ) improves fitness, (An adult can burn over 1000 calories in a 1 hour class) and also learn self-defense.

My name is Sensei Margaret and my classes are at Brookside Methodist Church Hall, Gunthorpe Road, on a Tuesday evening 6.30-8.00

So what are you waiting for? Come along and give it a go.

This is an ongoing promotion across the UK. Any person can come along and try a GKR class for FREE before deciding to take out a £30 4-month trial membership. (Then a FREE upgrade to a lifetime gold membership with regular training) There has never been a better time to get started in karate than now, so tell mums, dads, friends and family to come and give us a try.