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GKR Karate

Monday: 18:30–19:30







Introduction

Karate is one of the most popular and respected Martial Arts in the world. GKR Karate promotes Karate for everyone, including children from 5 yrs old through to men, women and families of all ages. We value strength of character, humility, and bravery. Apart from the obvious development of self-defence skills, Karate training builds confidence, positive attitude, determination, focus, and of course fitness.

Location

-  **Heath Primary School, Bell Lane, Kesgrave IP5 1JG**

Contact

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-  www.gkrkarate.com/locations/listing/gkr-karate-kesgrave

Last updated: 23 July 2021

Location: Heath School - IP5 1JG