

- [Kesgrave Community Website](#)
- [A-Z](#)
- [Clubs](#)
- [Club Timetable](#)
- [Venue Timetable](#)
- Details

## **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**

07530 756634

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[@GRRKarateKesgraveR16UK](#)

[www.gkrkarate.com/locations/listing/gkr-karate-kesgrave](http://www.gkrkarate.com/locations/listing/gkr-karate-kesgrave)

Last updated: 31 January 2020

Location: Heath School - IP5 1JG