

改善



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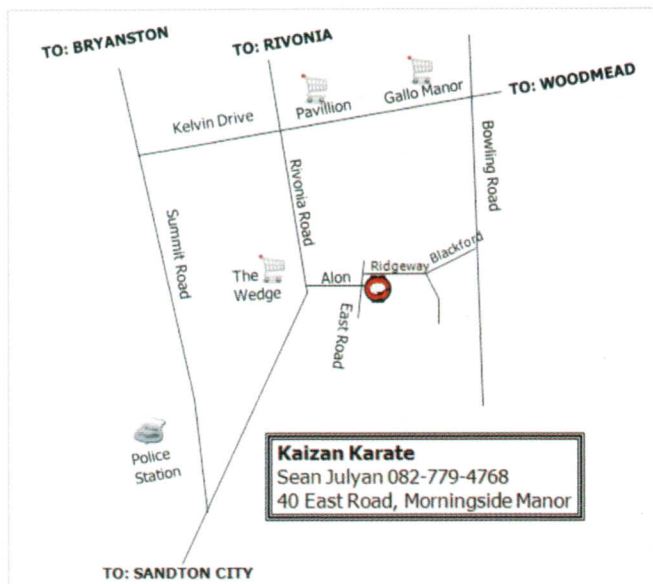
082-779-4768

Kaizen Karate

Offers:

- 👁 Practical Self Defence 👁 Great Exercise 👁
- 👁 Social Sport 👁 Improve confidence 👁
- 👁 Individualised training programmes 👁
- 👁 Gain physical and mental control 👁
- 👁 Increase Flexibility and strength 👁
- 👁 Recreational Activity 👁 Discipline 👁
- 👁 Improves muscle tone 👁 Respect 👁
- 👁 Improve concentration 👁
- 👁 Competition preparation 👁

Beginners Welcome



Affiliated to:

**Fourways Martial Arts Academy;
International Shorei Martial Arts Academy**