



MEN'S ONLY
LOW-IMPACT
KARATE



**IDEAL FOR THOSE WANTING TO
RAISE THEIR ACTIVITY LEVELS
GENTLY AND GRADUALLY,
IMPROVING MOBILITY**

NO EXPERIENCE NECESSARY

WHAT IS KAZEN KAI MEN'S ONLY LOW IMPACT KARATE?

KAZEN KAI HAS DEVELOPED A UNIQUE EXERCISE ROUTINE USING TRADITIONAL KARATE TECHNIQUES ALONG WITH MODERN FITNESS TRAINING METHODS. WITH OUR GENTLE FLOWING EXERCISE PROGRAM WE CAN HELP TO REDUCE STRESS, IMPROVE POSTURE, BALANCE AND GENERAL MOBILITY, AND INCREASE MUSCLE STRENGTH IN THE LEGS.

IS THE CLASS SUITABLE FOR ME?

THIS CLASS HAS BEEN DEVELOPED WITH EVERYONE IN MIND. IT IS IDEAL FOR INACTIVE OLDER PEOPLE WANTING TO RAISE THEIR ACTIVITY LEVELS GENTLY AND GRADUALLY. CLASSES CAN BE TAILORED TO SUIT INDIVIDUAL REQUIREMENTS.

AM I LIKELY TO STRESS A PREVIOUS INJURY OR CREATE A NEW INJURY?

KAZEN KAI LOW IMPACT KARATE IS ESSENTIALLY A GENTLE ACTIVITY THAT IS UNLIKELY TO CAUSE INJURY IF DONE CORRECTLY. THE EXERCISES INVOLVE LOTS OF FLOWING, EASY MOVEMENTS THAT WON'T PLACE STRESS ON THE JOINTS OR MUSCLES. IF YOU HAVE A MEDICAL CONDITION OR ANY HEALTH CONCERNS, OR HAVEN'T EXERCISED FOR A LONG TIME, SPEAK TO YOUR GP BEFORE YOU START KAZEN KAI LOW IMPACT KARATE. OTHERWISE PLEASE FEEL FREE TO COME ALONG AND TRY ONE OF OUR CLASSES.

FIRST SESSION FREE

FOR MORE DETAILS PLEASE CALL OR VISIT OUR WEBSITE



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