



Bored of the Gym?

Karate/Kickboxing Class in Leighton Buzzard

Martial arts are fantastic for confidence, fitness, muscle tone and you learn a realistic form of self defence at the same time!

Still thinking about it...?

“I’m not fit enough!”

This gets you fit! You will achieve a much higher level of fitness and overall muscle tone than any gym can give you. There will be no requirement to do the splits or break wood I promise!

“I’m too old?”

Martial arts has no age limit, it is a lifestyle!

“I don’t have anyone to come with me!”

Don’t be scared! Most people start on their own and you will be with other likeminded people.



**Give it a try, you
won't regret it!**

Get in touch for more information
– Jo Randall

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For more details on the English Contact Karate Association, visit:

www.leightonbuzzard.ecka.co.uk

ECKA has been established for more than 30 years and is one of the largest and most successful full contact styles in the UK.

All levels welcome, from absolute beginners to advanced