

Master Self-Defence and Become a more Confident at Ilkley Karate Club

Join the Longest-Running (*36 years*) Karate Club with Sensei Mark, 5th Dan Black Belt, and Over 40 Years of Experience.

Have you ever felt powerless?

Being at the mercy of someone else?

Well, I have and it's the most terrifying feeling in the entire world. The only way to combat this is to learn how to defend yourself.

Imagine walking the streets, radiating confidence, that feeling of dread minimised because you know that in hand-to-hand combat you will control who gets hurt and who doesn't.

It's not a nice thing to have to know how to hurt another human being.

In a perfect world, we would be able to walk the streets fearless and enter any situation feeling completely and utterly safe.

But my friends we live in an imperfect world where trouble lies on every corner, and unfortunately it has a way of getting you somehow.

Imagine a loved one was in trouble and you had to help them.

Your heart is pounding so fast that it will get out of your chest. Your palms are getting sweaty with every second, and the fear rises in your

throat but you don't have the faintest idea of how to throw a punch, never mind blocking the ones coming back your way.

But imagine running over and snapping off a spinning heel kick, and getting your loved one to safety.

Not one person that I have come across in all my life has said they regretted learning martial arts. Think there are no downsides. Unless you count these as downsides:

- Overall confidence boost
- Increase in fitness levels (martial arts is the only sport where you build muscle while doing cardio)
- Discipline & Control

The decision is now up to you.

You can either walk away from this opportunity to learn how to defend yourself and your loved ones. Knowing you had the chance to protect your loved one but chose not to.

Or...

You can decide that it's time to make the best decision of your life and start to train in martial arts.

No matter what age or stage of learning you are at there will be a place here for you at Ilkley Karate Club, and even better...

Your first 3 lessons are Free

Take advantage of this and then you can make up your mind.

Go and check out the class timetable, find the class suitable for you,
and welcome to Ilkley Karate Club.