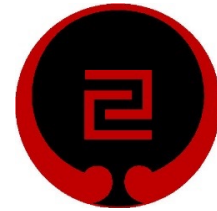


Shropshire Goju Ryu Karate Academy



The SGKA is a non-profit making karate academy dedicated to teaching the traditional Okinawan martial art of Goju-Ryu Karate in Shropshire, our academy promotes a high standard of teaching Goju Ryu Karate through our network of qualified and very experienced karate instructors.

Karate is so much more than a children's club

Benefits Gained from Karate

- Increased Attention Span
- Improved Hand-Eye coordination
- Improved Listening and Concentration Skills
- Higher Levels of Respect and Good Behaviour
- Improved Self-Confidence & Self Esteem
- Greater overall Health & Fitness
- "Yes I Can" Attitude

Goju Ryu karate is a proven and effective martial arts fighting system that is open to all ages and abilities.

If you are looking for something really interesting and captivating to occupy your leisure time, try out a free trial lesson at one of our classes.

You will discover a fascinating martial arts discipline that will improve your self-confidence, fitness and co-ordination.

For the kids

- Karate teaches us strength, courage and self-control.
- We become strong by training both our minds and our bodies. If we are respectful to our parents and pay attention to our teachers, our minds will grow and become strong.
- We become courageous by being kind to other people and respecting one another's differences. We can also become more courageous by admitting our mistakes – even when we are afraid to do so.
- True warriors or 'karate-ka' never allow themselves to be provoked into violence. We must always try our very best to walk away from a fight. By keeping our karate training for ourselves, we learn self-control.

Goals of SGKA

- Preserve Traditional Okinawan Goju Ryu karate and pass it to the next generation.
- Through karate training, add positive impact to our lives and improve our physical and mental abilities
- By teaching traditional karate, we help our members to become better people. By doing so, we help our society to be a better place for all.