

Karate academy changed my view

I SPENT a really enjoyable Sunday evening at Colchester Karate Academy.

I learnt a huge amount about karate and the classes that operate out of the academy.

I had no idea how popular martial arts, and in particular karate were and that they receive very little Government funding, unlike many other sports.

I went to the club with the preconception that martial arts were about violence, and movies would lead most people to this conclusion.

After visiting the academy, my view has completely changed. It seems to me karate is about discipline, self-control and, most importantly, having fun.

I thoroughly enjoyed the evening and look forward to my second visit.

Will Quince
Conservative Parliamentary
spokesman for Colchester

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