5 Week Self-Defence Course

It gives us great pleasure to announce that 4life Martial Arts, will be delivering a brand-new self-defence course exclusively for children at Withycombe Raleigh Primary School.

Starting next term your child will be given the opportunity to learn martial arts, at Withycombe Raleigh Primary School. A great opportunity to learn martial arts in a safe, fun and friendly environment at a location you know and trust!

Martial arts has been proven to directly improve children's concentration levels, all round discipline and the ability to focus, as well as teaching potentially life-saving skills. Not to mention a big boost in fitness, social skills and confidence.

The course will run for five weeks (dates below), with the children that complete the course given the opportunity to take part in a special graduation. This may include the possibility of your child attempting their first martial arts grade and obtaining their first belt.

The course includes the following:

- Instruction from a fully qualified 4life instructor.
- A made to measure 4life branded, traditional martial arts uniform (RRP £34.99).
- Your child will be fully insured for your piece of mind.
- Martial arts grading – including belt and certificate (note: only students that have achieved the required skill level will be able to grade)
- Parents will be able to watch the exam and presentation taking place at Withycombe Raleigh Primary School.

Dates:

- Wednesday 24th April 2019 – 4.15pm-5.15pm
- Wednesday 1st May 2019 – 4.15pm-5.15pm
- Wednesday 8th May 2019 – 4.15pm-5.15pm
- Wednesday 15th May 2019 – 4.15pm-5.15pm
- Wednesday 22nd May 2019 – 4.15pm-5.15pm

Course cost: £25.00 (cash only) **Deadline for entries: 29th March 2019**

Application slip (please hand back to the school office, along with your payment)

Childs name:	Age:	School year:
Parents name:	Mobile number (compulsary):	
Will you be collecting your child after each session (circle)? Yes No	Does your child have any medical concerns we should be made aware of?	
Child height (please measure from the floor to the top of the head): CM Note: Failure to provide a height measurement will result in your child not receiving their uniform		