

# NEW CLASSES FOR CHILDREN STARTING NOW!



RUSHCLIFFE  
ARENA



**NO OBLIGATION**  
• **FREE LESSON**  
• **FREE UNIFORM**



**KARATE ZONE** 

空手道

RESPECT DISCIPLINE SELF-DEFENCE CONFIDENCE CONCENTRATION

# FOR CHILDREN AGED 4-11

## Dear Parents/ Legal Guardians

We would like to invite your child to a **free** session with us at **Rushcliffe Arena**, we will also provide everything needed to get your child started should they want to continue after this free session (**Uniforms, Licence and Insurance**)

Should your child want to continue after the free lesson- we just charge £29 a month for one child or £49 a month for two children. **You just pay as you go one month at a time.**

Choosing **martial arts for your child** will give **you** the following piece of mind

- Your child will learn how to **protect themselves** and learn **street safety**
- We aim for the children to **enjoy** each lesson whilst at the same time maintaining class discipline
- Your child will benefit from increased **concentration and focus** which in turn will help them with their academic studies
- Lessons will consist of fitness work, pad work, stretches and learning the **Black Belt martial arts curriculum**
- Each class has up to **5** fully qualified, first aid trained, insured, DBS checked **male and female Black Belt instructors**

Session details are

**Sundays 2.50-3.35pm or 3.35-4.20pm  
and Mondays 3.55-4.40pm or 4.40-5.25pm**

**Rushcliffe Arena  
Rugby Road, West Bridgford NG2 7HY**

- To book a free session please **text message your child's name and date of birth and chosen session to 07530 542965** thereafter you will receive a phone call with a start date and to answer any questions you may have