

# CHADWELL HEATH KARATE ACADEMY

in association with  
**JAMES OGLETHORPE PRIMARY SCHOOL**

The class will be term time only, on Wednesday at 8 till 8.45 at a cost of £60 (£5 per session) for the 12-week programme which include the following dates: 19/9, 26/9, 3/10, 17/10, 24/10, 7/11, 14/11, 21/11, 28/11, 5/12, 12/12, 19/12 (12 weeks).

The lessons will be taken by James Steadman, 3<sup>rd</sup> Dan and Robert Steadman, 3<sup>rd</sup> Dan, who both competed for England and Great Britain on the European and World Stage, with James being a European medallist and with the pair having experience and knowledge of 32 years between them. We ask that everyone treats each other with respect and kindness, bullying or abusive language will not be tolerated. In return we will give you a fun and exciting time. Our aim is to build confidence and self-esteem, achieve goals and push your boundaries. We will do this through teaching basic karate techniques and kata incorporated with exercise and games. Parents and teachers should see a marked improvement in our main five areas at home and school:

- 1). INCREASED CONFIDENCE
- 2). BETTER FOCUS AND CONCENTRATION
- 3). SELF ACTUALIZATION
- 4). HEALTHY BODY
- 5). SELF AWARENESS

Loose fitting clothes and physical education kit to be worn. The session will be held in the junior hall. Karate Gi's (uniforms) are available to buy from the teacher however are not compulsory to wear.

Please fill in form and return with payment via bank transfer of £60 to J K Steadman, Account Number: 92829118, Sort Code: 40-06-03, HSBC.

Child Name:	Age:	Contact Number:
Any Additional Needs: Eg. Shy, Lacks confidence		
Medical Conditions:		

I as parent/guardian agree for ..... to participate in this activity.

Parents Signature:

Print Name:

For more information or any queries please call James on 07731855849 or email [info@chka.co.uk](mailto:info@chka.co.uk) and we will be happy to answer any questions. Everyone is welcome! (You can still join once the programme has started). Visit our website: [www.chka.co.uk](http://www.chka.co.uk).

**Inspiring This Generation To Become Future  
Olympians As  
Karate is On Track For Entry Into The 2020  
Olympics**