



実相館琉球唐手術

JISSOKAN

**After School Martial Movement Group**

Come and join our new after school group teaching kids how to exercise, move dynamically, stretch, meditate, and learn exciting martial arts movements to build healthy bodies, confident personalities, and strong minds.

We combine elements of traditional martial arts, yoga, gymnastics, parkour, and meditation as a means of helping kids understand and enjoy movement, develop strength, co-ordination, problem solving skills, balance, and concentration.



Wednesdays 3.15 - 4.15pm Year Groups 1 - 6

Price: 12 week course £55

Term Dates: 19th September - 12th December

Please could you pay by bank transfer to Mr Garry Lever with your child's name and JOPS as the reference (eg: Joe Bloggs JOPS) to account no 48116113, sort code 40-47-58 and confirm your child's place by completing the form below and returning to the school office.

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**Martial Movement After School Group**

Childs name:..... Class:.....

Parent/Guardian Name:.....

Emergency Contact Number:.....

Email:.....

Any Medical Conditions:.....

Parent/Guardian Signature:.....