



Dear Parents,

Samurai Kickboxing is delighted to continue to run the kickboxing class at Little Kingshill School next term on;

**Mondays 3.20pm – 4.05pm
Years 3-6 (Young Samurai)
7th January – 11th February & 25th February – 1st April**

**Thursdays 8am – 8.40am
Reception - Year 2 (Little Samurai)
3rd January – 14th February & 28th February – 4th April**

A maximum of 16 students in the class
FREE TRIAL for new students
£7 per session

Our Kickboxing classes are *safe, professional* and *fun* and offer a variety of fantastic benefits for your children.

Just some of the many gains to practicing kickboxing are;

- Improvement in health and fitness including; strength, balance, coordination, speed, agility and flexibility
- Opportunities for self-development including improved; self-confidence, focus, discipline and mental well-being
- Progression at an individual pace without competitive pressure from team mates
- Learning self-protection techniques and how to deal with bullying

To book your child in to the Samurai Kickboxing class, please go to the website below;

<https://samuraikickboxing.com/Account/Register>

Unfortunately, due to health and safety requirements, we are unable to teach students who have not booked a space in the class.

If this session day/time does not suit you, we have public classes in the local area and we also run Holiday Camps.

Any problems, please do not hesitate to contact us by phone or email as detailed below.

Matt
Founder and Chief Instructor

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