

Box Martial Arts

After School Club Years 1 – 6



Mondays in the School Hall 3:15 to 4:15pm

A progressive martial arts programme specifically designed for all age ranges with multi skills training, fitness, competitions, self-esteem with acknowledgement of your achievements along the way.

Classes are fun and dynamic, teaching essential life skills through our martial arts (such as Karate, Kung Fu & Kickboxing) in a manner suitable for all ages.

- Health & Fitness
- Concentration, Self Esteem
- Anti Bullying
- Life Skills
- Positive, Fun & Engaging Environment

Club Instructor is **Lorraine Box** 6th Dan black belt, former WORLD KARATE CHAMPION with over 30 years experience.

Cheques payable:- BMA

£48 for 12 sessions on:-

Sep 11th, 18th, 25th, Oct 2nd, 9th, 16th, 30th, Nov 6th, 13th, 20th, 27th, Dec 4th

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Reply slip: Please tear off and return via the school office:

Box Martial Arts

Child's Name.....

Class.....

☐ I would like my child to take part in Box Martial Arts Club

☐ I enclose £48.00 payment for the 12 week course (cheques made payable to BMA)



My child will be collected by _____/will make their own way home from school.

Are there any medical needs that we should be aware of? If so, please give details overleaf.

Emergency Contact Number.....

Signed Parent/Carer.....

Date.....