

Kung Fu Club
Starting in January
Monday's 3.15-4.15pm



A traditional Chinese Martial Art taught in a fun and safe way that will teach your child valuable life skills that are applicable to other sports and school work:

Our lessons focus on:

- **Discipline**
- **Respect**
- **Self Defence**
- **Confidence**
- **Agility**
- **Balance**
- **Fitness**
- **Team work**

The Syllabus is specifically designed for Primary aged children with a strong emphasis on safety. There is a structured grading system which encourages self-improvement and allows progress to be carefully monitored.

Classes taught by Andrew Newstead Chief instructor at The Focus Room.

Andrew has been practicing martial arts for 20 years and teaching for 8 years. He has teaching qualifications from the British council of Chinese Martial Arts, an Enhanced DBS check and instructors' insurance.

Club open to all pupils at Chenies School. Starts Monday 13th January.

Cost: £54.00 for the term (9 weeks).

For more information about classes visit www.thefocusroom.co.uk or call Andrew on 07850426997

