

MARTIAL ARTS.

Longwick CE Combined School

Build confidence. Get stronger. Achieve more.

DAY

Friday

TIME

**Straight after
school**

AGES

4+

STARTS

11 September

WHY CHOOSE MARTIAL ARTS

Confidence

Build self-esteem and believe in yourself.

Fitness

Improve strength, endurance and overall health.

Focus

Sharpen concentration and mental clarity.

Discipline

Develop self-control, respect and strong values.

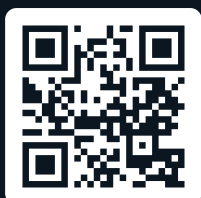
Friendships

Make new friends and be part of a positive community.

Achievement

Set goals, work hard and celebrate success.

AUTUMN TERM DATES · 12 SESSIONS · £102.00 FOR THE TERM

September 11 · 18 · 25**October** 2 · 9 · 16**Half term** 19 to 30 October, no club**November** 6 · 13 · 20 · 27**December** 4 · 11

BOOK YOUR PLACE.

Scan the code, or book online at

otsu.io/4u