

**Have a question?**  
 Please contact us directly via our Facebook page- @4lifemartialartssacademies or our Live-chat service on our website  
[www.4LMA.co.uk](http://www.4LMA.co.uk)

## 5 Week Self-Defence Course at Wilcombe

*\*Very Limited Places\**

It gives us great pleasure to announce that Wilcombe Primary in conjunction with 4Life Martial Arts, will be delivering a brand-new self-defence course exclusively for your children. Starting this term your child will be given the unique opportunity to learn martial arts in house at Wilcombe Primary. A wonderful opportunity to learn martial arts in a safe, fun and friendly environment at a location you know and trust!

Martial arts has been proven to directly improve children's concentration levels, all round discipline and the ability to focus, as well as teaching potentially life-saving skills. Not to mention a big boost in fitness, social skills and confidence.

The course will run for five weeks (dates below), with the children that complete the course given the opportunity to take part in a special graduation. This may include the possibility of your child attempting their first martial arts grade and obtaining their first belt.

### The course includes the following:

- Instruction from a fully qualified 4Life instructor.
- A made to measure 4Life branded, traditional martial arts uniform (RRP £34.99).
- Your child will be fully insured for your piece of mind.
- Martial arts grading – including belt and certificate (note: only students that have achieved the required skill level will be able to grade)
- Parents will be able to watch the exam and presentation taking place at Wilcombe Primary School.

### Dates:

<b>Session 1</b>	<b>Session 2</b>	<b>Session 3</b>	<b>Session 4</b>	<b>Showcase Week</b>
Thursday 19th September	Thursday 26th September	Thursday 3rd October	Thursday 10th October	Thursday 17th October
3pm-4pm	3pm-4pm	3pm-4pm	3pm-4pm	3pm-4pm

<b>Course Cost</b>	<b>£25.00</b> CASH ONLY	<b>Deadline For Entries</b>	<b>17-09-19 (AM)</b> LIMITED PLACES
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**Kick Back Campaign**  
giving back to local schools

4Life Martial Arts operate a Kick Back Scheme. Meaning monies raised will directly benefit the families of Wilcombe primary by helping to provide PE equipment for the school.



Child's Name	Age	School Year	Parents Name
Will You Be collecting your child after each session? (Please Circle)		<b>Mobile Number (IMPORTANT)</b>	
<p style="text-align: center;"> <input type="radio"/> YES                      <input type="radio"/> NO                 </p>			
Child Height-(Please measure from the floor to the top of their head)		<b>Signed By Parent/Guardian</b>	
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Return This Permission Slip, Along With Your Payment (Cash Only) To The School Office.