



Matt Fiddes Martial Arts School
5 week Course

Dear Parents

Magdalen Court School has asked us to hold a 5 week martial arts and self defence course at Your School hall.

Our junior and Teens Up programme is specially designed for 7-16 year olds, it is a high energy self defence programme incorporating Kick Boxing and Karate. It builds a Childs confidence, self esteem, Focus and Concentration.

The children will be learning basic self defence techniques and general Martial Arts.

The course will be run by 3rd Dan Instructor Ian Hooper who has been successfully Instructing for the Matt Fiddes organisation for the past 8 years

At the end of the course each student that participated will receive a certificate of achievement from the Matt Fiddes organisation and an opportunity to continue training at our on going classes in LadySmith middle School, Exeter.

We only have 30 spaces available for this five week course so a prompt reply is advised.

SPORTS CLOTHING TO BE WORN & BRING A DRINK

Course Start Date:

| | |
|-------------------------------------|-----------------------|
| Wednesday 27 th January | Time: 3.15pm – 4.15pm |
| Wednesday 3 rd February | Time: 3.15pm – 4.15pm |
| Wednesday 10 th February | Time: 3.15pm – 4.15pm |
| Wednesday 24 th February | Time: 3.15pm – 4.15pm |
| Wednesday 3 rd March | Time: 3.15pm – 4.15pm |

Course Cost £29 Single £50 Joint (Siblings)

We respectfully request that all reply slips be placed in an envelope with course fee and handed in at the School office before 27th January.

Name..... Class:.....

Parents Signature..... Contact No

Payment Method Cash/ Cheques Made payable to Ian Hooper