



**Dear Parent,**

The London TKD School Clubs are an exciting children's martial arts programme at the cutting edge of character building and life skills development.

Throughout the term, students will learn a variety of self-defence techniques, specifically designed for realistic situations that children find themselves in.

These classes also help develop a positive attitude through learning, meditation, mindfulness and confidence building exercises.

### **How to get started?**

Simply visit our website and select "Get Started", then follow through the booking instructions to select your school and start date.

Once you have booked, your child's name and details will be added to our coaches register ready for their first class.

With our special joining offer you will be charged £10 for 2 weeks and then the ongoing classes are £10.50 weekly.

### **What does my child need to wear and bring?**

Please wear some comfortable, loose fitted clothing (PE kit) and bring along a bottle of water.

**Thank you for entrusting us with your child, we are looking forward to welcoming them in for their first class with us!**