



CHILDSAFE MARTIAL ARTS

Martial Arts and Life Skills Classes

Specifically Designed For Children

Infant and Junior Programmes

 Stranger Danger

 Fitness

 Concentration

 Self Control

 Self Defence

 Coordination

 Confidence

 Balance

Venue: **Oak Cottage School**

Day: **Monday**

Time: **3:40 - 4:20pm (Years 1-2), 4:30 - 5:10pm (Years 3-6)**

ABOUT THE TEACHERS

Over the last 20 years our team of multiple award winning instructors have provided world class martial arts and self defence tuition for children aged 5+ in the Solihull area.

HOW TO BOOK YOUR CHILDS PLACE

Book your child's **FREE** introductory lesson by messaging Jake:
Email childsafemartialarts@gmail.com
or **07538 932 178**

"My son's coordination and ability to focus and concentrate have improved considerably."

Mrs Thomas

"You have helped my son so much with his self esteem, you really do a fantastic job."

Mrs Clare

"I would highly recommend your classes to anyone."

Mrs Blunt

YOU CAN FIND US ON FACEBOOK:
[f/childsafemartialarts](https://www.facebook.com/childsafemartialarts)