

**FUN AND EXCITING SESSIONS TO INTRODUCE
YOUNG CHILDREN TO MARTIAL ARTS!**



EVADE MARTIAL ARTS

LITTLE NINJAS

MARTIAL ARTS FOR 4 - 7 YEAR OLDS



AN IDEAL WAY TO HELP WITH:

- **CONFIDENCE**
- **LISTENING SKILLS**
- **BUILDING SELF-ESTEEM**
- **INTERACTION WITH
OTHER CHILDREN**
- **SELF PROTECTION**
- **IMPROVING CONCENTRATION**
- **AND HOW NOT TO HIT!**



BOOK IN TODAY FOR YOUR FREE PRIVATE LESSON AND TRIAL CLASS
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