



MARTIAL ARTS CLASSES AT PRIORY ACADEMY

For the last 12 years Templar Martial Arts have run a successful after school club at Priory Academy. The classes, based on the TMA schools program syllabus teach kickboxing, freestyle karate and effective self defence techniques in a friendly and safe environment. The sessions are tailored to the age group of the class . The aim is to teach self discipline and improve listening skills as well as fitness, balance and coordination. There is the opportunity to gain recognised gradings and some Priory pupils have gone on to train at other classes and have achieved higher grades, including Black Belts. One girl subsequently was selected for the England squad and travelled to World Championships in Italy where she won a Gold medal. The instructor Andy Pilborough – Skinner is a 7th Dan Grand Master and is fully CRB checked and insured. This term there are a few places available in the class which runs every Thursday from 3.20 – 4.20 p.m. Fees are £15 per half term. There will be at least 5 classes. Please return the slip if you would like to reserve a place for your son or daughter or contact Andy on 07954 601628 for more details.

Classes start this term on Thursday 13th September.

Students NameYear..... Signature.....
