



Meldreth Primary School
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'Learning together for life'

Headteacher: Mrs Sasha Howard

Deputy Head: Mr Andrew Jones

Introduction to Martial Arts- Monday 3.10-4pm

Dear Parents/Carers,

My name is Julie Hiscock and I have been working at Meldreth Primary School as a Teaching Assistant since 2014. I am also a First Degree black belt in the Korean martial art of Kuk Sool Won and am very excited to be able to offer an introductory course to martial arts to Key Stage 2 pupils.

As well as the obvious element of fitness, martial arts also instil self-discipline, respect and self-defence in children. During the course I will be teaching some basic self-defence moves, kicking and punching drills, simple falling techniques (from a seated position only) and also 'forms', choreographed Kuk Sool Won moves. Due to the nature of martial arts, and the learning of self-defence moves, some minimal contact between students will be required.

If at the end of the course your child feels they would like to continue learning Kuk Sool Won I would be more than happy to pass on the details of my instructor, Master Darren Hart, Sixth Degree black belt.

The cost of the whole course is £5, to cover insurance costs, and will run for approximately 8 weeks. Due to space, numbers are limited to 10 children and will be allocated on a first come, first served basis. In the case of over subscription any children who are still interested in the course will be given priority next term.

Many thanks,

Julie Hiscock

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Child's name _____ Class _____

I agree to collect my child at 4pm from school	
Please hand my child over to Lookout afterschool staff	
I give permission for my child to walk home after choir	

I will inform the school of any change to my collection arrangements and enclose £5

..... (signature)