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# U.M.A.K.S

UNITED MARTIAL ARTS KARATE SCHOOL

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Telephone – 07931326361 / 07941663757 – email: umakskarate@gmail.com

## KARATE AT BENHURST

We run a Karate club at Benhurst Primary School every Friday after school until 5.00pm. Karate is for all ages from year one. During some lessons we also teach Jiu-Jitsu and Kobudo. Our instructors are all fully qualified, insured, have enhanced DBS checks and first aid training, copies of which are held with the school. All our classes adhere to the government Covid-19 guidelines, and school Covid-19 policy.

**COSTS:** For the first two taster lessons, the fee is £20, to see if your child likes Karate and wants to join. If you do want to continue, the fee is £80 per half term to be paid at the start of each half term.

The following is included in this termly fee:

After school lessons - Yearly Licence renewal - Gradings (new belts)  
Certificates – Syllabus - Insurance - Karate Suit – Hand Pads

\* We are currently not handing out suits, pads, and belts due to Covid-19, but will do once the government guidelines allow us to.

### IF YOU WISH FOR YOUR CHILD TO START KARATE:

Please send a scan copy or photo of slip below to umakskarate@gmail.com or Whatsapp +447931326361 Keep this letter for future reference.

You will then be contacted by the Karate instructor, informed when your child can start, and given payment details for the first two lessons.

Spaces are limited, so if oversubscribed, we will hold a waiting list.

### Do not send your child to the lesson unless you have been contacted and told to do so.

### BONUS HOLIDAY LESSONS

During half terms and the summer holidays, we offer students one free lesson per week at one of our evening classes. Details of which will be handed out before the holidays.

### **Karate covers the following key areas:**

**Fitness, Discipline, Confidence, Respect, Self-Control, Self-defense, Fun and many more.**

Any more queries? Please feel free to call **0793132636**. Regards, Sensei Emma Dyson

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I WISH FOR MY CHILD TO START KARATE AT BENHURST  
I UNDERSTAND THAT MARTIAL ARTS INVOLVES THE RISK OF SERIOUS INJURY

STUDENT'S NAME..... GENDER.....M.../...F

DATE OF BIRTH..... E MAIL .....

CONTACT NUMBERS 1-.....2-.....

ADDRESS..... POST CODE.....

ANY CONDITIONS OR OTHER RELEVANT FACTORS e.g. medical conditions, previous experience etc

..... Plaster allergy? Yes.../...No

SIGNED.....(parent/guardian) DATE.....