



Email: [steve@elite-karate.co.uk](mailto:steve@elite-karate.co.uk)  
Mobile: 07952 158838

Dear Parent/ Carer,

Further to the success of the after School Karate classes last term, we are delighted to announce their return, giving the pupils here at Meersbrook Junior School the opportunity to learn basic Karate skills and work through the Karate Curriculum with Steve Hegarty & Sam Jones of Elite Karate Centres (see [www.elite-karate.co.uk](http://www.elite-karate.co.uk) more information).

Karate teaches respect, discipline, concentration, self- defence and self- control. In addition, students improve their balance, hand-eye and hand-foot coordination, flexibility, muscle tone, fitness, timing and rhythm.

The training will be held in the school hall, from 3:30 pm until 4:30 pm. There will be a block of thirteen sessions, with the first session starting on Wednesday 17<sup>th</sup> April and the last session on Wednesday 17<sup>th</sup> July. The cost for the thirteen sessions is £52.

Children will need to wear their PE kit or loose fitting clothing for the sessions. It is advisable for them to bring a still drink.

Places are limited to 16 children. Those not able to attend will be placed on a waiting list, as there may be another block of sessions at a later date.

Payment made payable to **EKC Karate Limited**

Yours sincerely,

Steve - Karate Instructor Tel: 07952158838

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### KARATE TRAINING

I give permission for my child ..... of class .....  
to attend the Karate Training Sessions on Wednesday's (17<sup>th</sup> April – 17<sup>th</sup> July),  
Time: 3.30 – 4.30pm  
Contact number: .....

Email .....

I will collect my child after Karate. / They will go to after school club. (Please delete one)  
Signed ..... (parent / carer)