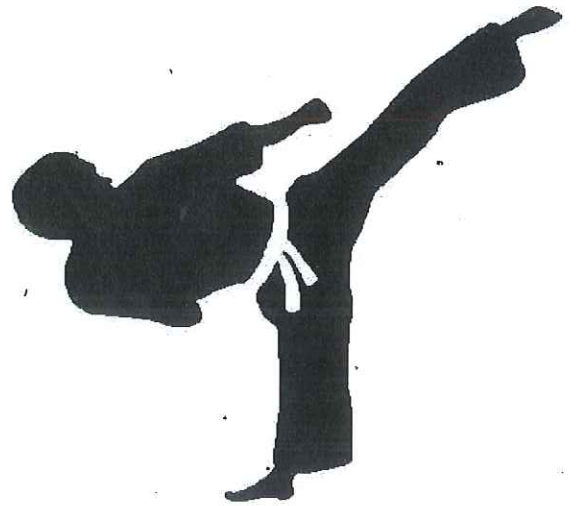


MARTIAL ARTS



On a Wednesday evening some
Children from our school attend a Martial
Arts class at Hope Cement Works.

Our teacher is called Stan, he has a black belt!

We mostly learn about blocking, self-defence and
attacking.

We learn lots of skills like how to warm up properly and
looking after our hearts, we have learnt a special skipping
technique and different ways to balance, some are really
tricky!!!

My best warm up is a quick game of football.

We are getting graded very soon so we will all earn our
first belt which will be white with a red stripe.