****Matrix Combat Martial Arts and

Well-Being Club

Dear Parents, Carers and Pupils,

My name is Jake and I will be running a martial arts and well-being club at Whitfield St James’ CE (VC) every Tuesday from 3:30pm – 4:30pm.

**Ethos**

We do not just punch and kick!

I love to keep to the traditional spirit of martial arts. We just don’t learn how to fight,
in fact fighting is the last thing we want to and we do not encourage fighting at all.
There are many ways that we coach our students in the arts and avoiding conflict. We go through history and origins of martial arts learning and multicultural religious views.

Coaching life skills in positive thinking is very important to me and underpins my practice. ‘’As one cannot control body without first controlling mind’’. The path of becoming a black belt or training for enjoyment has many positive and interchangeable skills in modern day life.

**My Background**

* World Champion in Karate.
* World Champion in Kick Boxing.
* International black belt challenge winner.
* 3rd degree black belt

If you would like your child (ren) to take part in this club, please fill out the form below and return it to school. Places will be allocated on a first come first serve basis. However, I want everyone to benefit and will do additional classes if needed.

If you have any questions or queries, please contact me on 07526 352724 or email me on wwwmatrixcombat@gmail.com

**Cost**

The first half term will be 6 weeks and will run from Tuesday 17th September 2019 to Tuesday 20th October 2019. The cost the will be £21.

**Jake Johnson
Tel : 07526352724
email:** [www.matrixcombat@gmail.com](http://www.matrixcombat@gmail.com) **1st Aid and safety company is Purple Umbrella
certificate 603/2367/x
disclosure &barring service (DBS) Enhanced Certificate 001655714890**

****Student Information

Matrix Combat Martial Arts and

Well-Being Club

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| **Name of student (s)** |

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| **D.O.B.** |

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| **Name of guardian / parent**  |

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| **Emergency contact name and number**  |

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| --- |
| **Email address**  |

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| **Medical history and awareness of injuries** |

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| **Any other information** |

 **All data will be kept securely and in compliance with the GDPR regulations.**

**Please see the school website for more information in the club’s section.**