Mr Bruce Lapthorn 5th Dan
International Instructor / Grading Examiner

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After School Club

Dear Parents,

I am an International Instructor / Grading Examiner with the British Liberated Tae Kwon-Do Schools Alliance (B.L.T.S.A.), and currently run five main stream Tae Kwon-Do schools, and 7 after school clubs across Cambridgeshire, Suffolk and Essex.
With over 20 years of experience in Tae Kwon-Do, all our instructors are fully DBS checked, insured and first aid trained.
We will be running an after school club at Waterbeach Community Primary School, to run during term time on a Thursday from 3.30pm to 4.30pm. Starting on **Thursday the 12th September 2019**

Lots of children want to train in Tae Kwon-do because it helps to:-

- Build self-esteem/confidence
- Improve co-ordination/motor skills
- Make new friends and learn social skills

The Five Tenets of Tae Kwon-Do:- **Courtesy, Integrity, Perseverance, Self Control and Indomitable Spirit.**

Our children's program will teach your child core values such as discipline and respect. By starting at an early age, they will develop positive habits to last a lifetime. We believe in bringing out the best in your child and have designed our classes to be entertaining and informative.

With training in Tae Kwon-do, the content of the classes and the way they are run, the children will develop:-

- Self confidence, self control, self esteem and self discipline
- Respect for adults and for each other
- The value of setting goals and working towards them
- Non-violent techniques in conflict-resolution
- The Tae Kwon-do training will channel their energy into their Tae Kwon-do skills
- The way the instruction is given and broken down for the child, you will see a great improvement in a matter of weeks.
- The training in Tae Kwon-do promotes individual and group activities which will develop, (1) Communication skills, (2) Group interactions/activities.

Children who acquire self-confidence at an early age are far more likely to succeed in their adult ambitions. Tae Kwon-Do is arguably the best method of instilling confidence into children and at the same time emphasising the importance of respect and discipline. As a result of the fast and exciting nature of Tae Kwon-Do there are thousands of children participating throughout the U.K. and millions worldwide.

Children see Martial Arts training as the ultimate activity, in our classes everybody wins, it's not just who's the best gets to play.

Our system of training is based on inner development and self-expression; concentration, focus, goal setting, self-achievement are the topics of discussion. Motor skill development, co-ordination, flexibility and self-awareness are the basics to the physical training.

Children learn to reach their full potential through our confidence building martial arts program. Caring Instructors provide expert training in a fun and safe, although still disciplined environment, to produce positive results.

If you are interested and would like to enrol your child, (as there are a limited number of places) please fill in the form and return it with the fee, by the **12/09/19** in a sealed envelope with their name on the front. **Please take it directly to the School office.**

The Cost: Will vary depending on number of weeks in each half term, is to be paid per Half Term, before each Half Term starts.
Please make any cheques payable to **B. Lapthorn**. **(We will only contact you if your child has NOT got a place)**

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WATERBEACH COMMUNITY PRIMARY SCHOOL
After School Tae Kwon-Do Club

Childs Name		Class / Year	
Any Medical Conditions That we should be aware of			
Parent / Guardian Name & Contact Number			
I will collect my child at 4:30pm ☐		I give permission for my child to walk home ☐	
Interested to enrol for Amount enclosed	From 12th September up to Half Term £30.00 ☐	From 31st October up to End of Term £35.00 ☐	Both £65.00 ☐