



PRO STYLE JUNIOR KICKBOXING classes are designed for children from five years of age up to thirteen. Practicing kickboxing can be for leisure, self-defence and fitness. It is great for overall general fitness, mental attitude, self-confidence and self-control, and is an invaluable tool in teaching respect to others. As with all Martial Arts there is the opportunity to grade to achieve a belt as a measure of your consistency with training, your etiquette, your fitness and your strengths but this is not compulsory. At the club we have members ranging from complete beginners through to 4th Dan Blackbelt. Grading is an extremely motivating process which encourages each child to train and practice to strive for the next belt; with a great sense of achievement when it is completed. Gradings are held regularly following the PSKB syllabus and every training session is totally different with a big emphasis on having fun. There are many competitions with prizes and a Student of the Month award. Our varied team of Instructors is on hand to ensure each child is given the encouragement and input needed to get the most out of each lesson. Each instructor is CRB checked and emergency first aid trained.

Kickboxing is now the highest rated form of self defence in the UK. Our members are taught very simple and effective self-defence routines which they are given ample opportunity to practice in a safe and controlled environment. Their input is greatly valued and they are also encouraged to come up with different ways of dealing with difficult situations. Bullying is covered freely with the emphasis on tackling it without violence.

Senior Instructor: Paul Childerley 07715 638934

Classes: Flitwick Club Thursday 6 - 7 pm

Membership: £40.00 includes T-Shirt / Trousers, Attendance Card & Life Membership

Fees: £7.00 per lesson first month, £25 Monthly standing order thereafter

For Insurance reasons membership fees must be paid before any training begins

All fees payable to: P Childerley

-----Junior Joining Application-----

Name _____ Age _____ D.O.B _____ Tel. _____ Mobile _____

Full Address _____

Post Code _____

School _____

Any injury or illness? _____

Have you studied Martial Arts before? Yes / No. Give all details of style and grades you achieved _____

How did you find out about our club? _____ T-Shirt Size _____ Trouser Size. 00. 0. 1. 2. 3.

I enclose the amount of £ _____ cash / cheque / bank transfer to join as a **JUNIOR** member of Pro Style Kickboxing.

Declaration

I understand that the practice of Martial Arts allied activities at my new club is entirely at my own risk. I shall not hold responsible, its principal, officials, instructors or any fellow members for any injury I may sustain. I understand that membership is non-transferable and that all monies paid are non-returnable. I have filled in the above correctly and understand it fully.

Signed _____

Parents Signature _____

Date _____



www.prostylekickboxing.co.uk