

Teaching kids positive life skills

We have space in September

After another great year, we have spaces available for new starters at Little Dragons kung fu at Elmlea Infants next term.

Every Tuesday, 3.15 – 4.30pm in the school hall.

It is open to Reception, Year 1 and Year 2.

Our Little Dragons syllabus is designed to give kids valuable, positive life skills such as:



- Growth mindset
- Resisting peer pressure
- Focus and determination
- Stranger danger awareness
- Discipline

Martial arts is also great for physical development and will help with:

- Fitness
- Coordination
- Speed
- Balance

The class is taught by Sharon Gill (7 x World Kickboxing Champion and 5th degree kung fu black sash), Dan Blythe (4th degree kung fu black sash) and Liam Holden (2nd Degree black sash and 2 x World Champion).

All new starters get a free trial session. After that it is £8 per session, payable at the start of each term.

To book your trial sessions or for more information please email enquiries@iamgbfit.com .

Dan and Sharon
Co Founders GB Fit



www.iamgbfit.com