

# GOSHIN RYU

## ATEMI JUJITSU

# KIDS CLASSES INFO SHEET

Hi There and thanks for checking out details of our kids classes at Goshin Ryu Atemi Jujitsu.

We have a choice of three days a week when we hold under 16's classes at our Sidcup Dojo. These days are **Mondays 6-7pm, Wednesdays 6-7pm and Saturday mornings 9-10am**. This ensures greater flexibility for those who can't always make a particular day, so no one has to miss their weekly session. It also means for those who are really keen to progress they can train more often.

The first class is always **free** to make sure that your child gets a feel for what he/she will be learning without any commitment, after this the following three sessions will be £3.60 each. Once your child has these lessons under their belt they will be asked to join our club. This involves paying an initial membership fee of £20.00 which is renewable annually at a cost of £10.00 on the anniversary of joining us. The fee includes insurance for students 7+ years of age. **Minimum age for classes 7yrs.**

I am happy for those parents wanting to do something as a family to come along too. Parents who want to join in classes with their kids are charged the same rates. However, if parents then decide to take the adults classes, the adults charges will become payable (see website for rates).



Classes are payable by standing order for **ALL** students. This is £14.00 per month for one class a week (which will save you just over 10% compared to your weekly payments) or £22.50 for unlimited classes a week (which will save you just under 30% compared to your weekly payments, that's just £2.60 a lesson for two lessons or £1.73 a lesson for 3 times a week.!) Fees have been calculated to take account of individuals having four weeks absence a year for their holidays.

Classes are open all year, we do not close for public or instructor holidays!



I do hope your child will be able to come along and learn to defend themselves with Goshin Ryu Atemi Jujitsu. Practicing Jujitsu has so many benefits to both you and your children, it is a skill that you benefit from your whole life.

Not only does it improve physical fitness it teaches us a whole range of skills including respect, self discipline, communications skills, interaction with others, cleanliness, self control, humility and a whole range of social skills. It promotes good eye to limb co-ordination and helps to improve concentration.

Kids also learn to channel their frustrations into something worthwhile which will help them focus on their education. It helps with team building skills and their own self confidence too.

I look forward to seeing you and your child/children on the mat really soon.

*Kindest regards*

*Geoff Harris*

# GOSHIN RYU

## ATEMI JUJITSU

### Membership Form

Surname..... Address .....

First Name/s.....

Telephone Number.....

Mobile..... Post Code .....

E-mail Address..... Date Of Birth.....

What Martial Arts have you practiced in the past ? .....

Do you hold a current licence of any kind ? .....

Do you have any disabilities (physical or mental ) that could affect training ? Yes/No.

Do you suffer from : migraine, hay fever, diabetes, respiratory problems, epilepsy ? Yes/No

Have you had any operations or injuries recently? .....

Have you ever been convicted of a crime of violence ?Yes/No.

If you have answered yes to any of the above please give details here :.....

.....

Where did you learn of our clubs ? Website, Advert, Friend, Other [Delete as applicable]

I accept the possible risk of injury whilst training and undertake to obey the rules of 'The Guild' and Goshin Ryu Atemi Jujitsu Clubs. I declare that the above named is mentally and physically fit to undertake martial art training. I understand that the association or club reserve the right to decline an application without giving a reason.

I ATTACH A COMPLETED STANDING ORDER FORM & £20.00 MEMBERSHIP FEE .

Date..... Signed.....

(parent or guardian if under 16)

Sensei Geoff Harris

Goshin Ryu Atemi Jujitsu ,The Dojo Sidcup, 49 Sydney Road, Sidcup, Kent. DA14 6RA Contact 07768 133305

[www.atemijujitsu.com](http://www.atemijujitsu.com)

# GOSHIN RYU

## ATEMI JUJITSU

### Standing Order Request Form

PLEASE PRINT ALL DETAILS IN BLOCK CAPITALS

To \_\_\_\_\_ Bank

Address \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_

Account Name \_\_\_\_\_

Account No \_\_\_\_\_

Sort Code \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Please pay :

ACCOUNT NAME : GOSHIN RYU ATEMI JUJITSU CLUB  
BANK : LLOYDS TSB, HAYWARDS HEATH BRANCH.  
ACCOUNT NUMBER : 01908888  
SORT CODE : 30-18-30

The sum of £14.00 / £22.50\* commencing on the **first** working day of next month and continuing on the **first** working day of each monthly thereafter until further notice.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
of Parent or Guardian.

Print Name \_\_\_\_\_

Address \_\_\_\_\_

\* delete as applicable

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