



Self Defence classes at Hillarys Primary School

In this day and age, we all want the best for our children and we also want them to feel safe wherever they go. As parents, we can't be with them 24/7, so when they are out in the world by themselves, it would be reassuring to know that they have the confidence to face any obstacles that might come their way. We also want them to be resilient in this tough world. Confidence and resilience are usually the biggest reasons why people join any Martial Arts club.

Here at Hillarys Primary school we have Zenshin Karate running classes for all ages. Not only do we teach the children how to physically stand up for themselves if danger or bullying comes their way, we also work on building up their confidence and resilience to speak up and stand up for themselves too. This confidence and resilience flows through to their school work as they begin to realise that small obstacles are not obstacles at all!

Classes are on a Friday right after school in the assembly area. Until the end of October, the club is offering a trial period to see if what we do fits in with what you want them to achieve. The offer is just \$20 for 4 weeks! You can start ANYTIME in October, try out as many classes as you wish for 4 weeks and see why so many people around the world enrol in Martial Arts!

Please email Craig at: zenshin@amnet.net.au or ring him on 0424 727 091 for more information.