



Mathematics & Computing Academy

Headteacher: Mrs M John

December 2023

Dear Parent / Carer,

Re: Stanborough Self-Defence club

I am delighted to announce the introduction of The Stanborough Self-Defence Club. It will take place on Monday evenings between 3:30 and 4:30 in the school gymnasium. The club is free of charge, though there may be equipment expenses that are required as the club develops.

Despite all the precautions we take and the warnings we give, we cannot watch our children all the time, consequently, sometimes situations arise that cannot be foreseen and are out of our control. At that point, we would all like our loved ones to have the skills and sense to know what to do, to avoid being hurt and to get out of trouble.

I am a second-Dan Shotokan instructor with experience in Tae Kwon Do, Ju Jitsu, Boxing and Kempo and I specialise in self-defence. I do not teach fighting, rather how to avoid fighting, and I teach a series of strategies that can be employed in the event of someone trying to be violent towards one of my students.

Each lesson is split into four separate parts

A warm-up: stretching, cardio and practising moves;

Learning Moves: learning the basic techniques of blocks, strikes, kicks and combinations;

Defence responses: learning automatic responses to specific attacks;

Practise: either practising applications, doing Kata (practise routines) or sparring as students become more proficient.

We are not violent towards each other and there is an emphasis on control before students participate in contact, but it is a contact activity and students may get the occasional bruise while learning these techniques.

I do teach dangerous techniques that may keep your child safe when they need it most, so there are strict rules on the use of these techniques. Students who use what they learn inappropriately will be immediately banned from the club as well as facing other appropriate sanctions.

Everyone is welcome in the club, but there is a maximum of 25 places and only students who have given in a permission slip and have had their places confirmed can attend. We reserve the right to cancel membership for students who misuse or threaten to misuse the skills taught in the club. Should the club be over-subscribed, there will be a fair selection process, and students not selected will be put on a waiting list.

Should your child wish to take part, please fill in the permission form below and return it to me. Following that, we will let you know when your child can start in the club as soon as we can. Students wear Stanborough sports attire – tracksuit/leggings and sports fleece are most suitable.

If you have any further questions, please feel free to contact me via email or on the school telephone number.

Yours faithfully

Mr C. Fanning

Subject Leader: Biology

cfanning@stanborough.herts.sch.uk

- Grow and Succeed -

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Martial Arts Permission Slip , Return to Mr C. Fanning

Student Name (please print): Form:

I hereby give permission for my child to take part in the Stanborough Self-Defence class. I am aware that it is a contact activity in which injuries are possible but I am also aware that care is taken to minimise these risks. My child has agreed to obey by the rules of the self-defence club and never to misuse the skills taught at the club.

Parent/Carer name:

Medical information: Please note here any condition that may be important to note regarding your child's participation so that precautions can be taken – this could include: heart, circulatory or clotting problems, medication being taken, severe allergies, broken bones or other damage that is repairing, concussions or nerve/brain-trauma, mental-health issues such as depression etc.

Please also include any other relevant information not-listed above.

(According to GDPR rules, information will be stored in a safe location in school only until they leave the club).

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