

CO-ORDINATION CONCENTRATION CONFIDENCE

A young girl and a young boy in black martial arts uniforms are performing a move. The girl is in the foreground, with her right leg raised and her hands in a defensive or offensive pose. The boy is behind her, also in a similar pose. They are surrounded by large, vibrant, swirling brushstrokes in shades of purple, pink, blue, and black, creating a dynamic and energetic background.

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LESSON

**BEGINNERS
WELCOME**

*Subject to availability.

Get Into Martial Arts is a trademark of NEST Management Ltd, Unit 3.2 Wilford Business Park,
Ruddington Lane, Nottingham, NG11 7EP. Registered in England 03928678

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