

The Vale Academy  
Wilbury Drive  
Dunstable  
Bedfordshire  
LU5 4QP  
01582 211150

4<sup>th</sup> January 2017

Dear Parent / Carer

We are pleased to announce the continuation of our afterschool Tae Kwon Do club for years 3, 4, 5 & 6.

The club will be led by Mr. Miles Lutwyche; a 6th Degree Black Belt Master of T.A.G.B. Tae Kwon Do. Former English champion and coach to male and female World and European champions. This is a fantastic opportunity for your child to learn a new skill with an excellent and well qualified instructor. The club will be on Monday nights from 3:20 – 4:20. It will start on the 16<sup>th</sup> January 2017 and run for 10 weeks until the 27<sup>th</sup> March 2017.

Miles charges £3 per person for the session and if you are interested you will need to pay for the 10 sessions in advance (£30) either by

- Cheques to be made payable to 'The Shared Learning Trust'.

Or

- Directly to Sharnie who is located in the canteen each morning between 8.30am and 9.15am. Places are limited to twenty per session and a waiting list will be put in place for those children not fortunate enough to obtain a space. The club will not run if the minimum number requirement is not been reached.

I have included some information on the back regarding Tae Kwon Do and Miles Lutwyche. Please complete the consent form and return to the school office by Monday 9<sup>th</sup> January. We will then allocate places and inform parents when a place has been secured.

Yours Sincerely,

Sharnie La Riviere  
Business Manager.

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I would like my child to attend Tae Kwon Do:

Name:

Form:

Payment:

Signed parent/carer:

## Tae Kwon Do

TKD is the perfect sport for children to take part in, as it helps not only with fitness but mental strength, development and a great sense of achievement. Focusing on confidence, co-ordination, respect, focus, teamwork, discipline and communication skills. We also teach stranger danger and self defence in the sessions. All set in a fun and relaxed atmosphere.

## 5 Tenets of Tae Kwon Do

### **COURTESY**

To be polite to your instructor, seniors and fellow students.

### **INTEGRITY**

To be honest with yourself. You must be able to define right from wrong.

### **PERSEVERANCE**

To achieve a goal, whether it is a higher grade or any technique, you must not stop trying, you must persevere.

### **SELF CONTROL**

To lose your temper when performing techniques against an opponent can be very dangerous and shows lack of control. To be able to live, work and train within your capability shows good self control.

### **INDOMITABLE SPIRIT**

To show courage: when you and your principles are pitted against overwhelming odds.

## Instructor

I have been teaching in the Dunstable and Luton area for over twenty years, running both junior and senior classes in the evenings. All T.A.G.B. Instructors have to undergo written and practical exams, and are fully DBS/PVG checked with full indemnity insurance with the British Tae Kwon Do Council. We are also kept up to date with all child care procedures and are first aid trained.

If you have any questions or worries please do not hesitate to contact me.

Kind regards,

Miles Lutwyche

M: 07889 359630

E: tkdluton@aol.com