

# Mini STRIKE

Finalists on ITV's  
**BRITAIN'S GOT TALENT**  
Liam Richards  
3rd Degree Black Belt  
British & World Champion

For more info contact:  
07854 764 534

**2 FREE CLASSES!**

**Monday**  
4:30pm-5:00pm  
Starting 21st September  
Sam Jones Health Club  
0114 2513999

**Age: 3-5 YEARS**



The Mini Strike Program is designed for 3 to 5 year olds. They will develop skills which will help them enter society with a more confident and enthusiastic outlook. They will become better students at school, better listeners at home and more ambitious towards the future. The Mini Strike program will also prepare your child for martial arts classes. The skills they are taught are composed of physical and mental benefits. The classes are fun, motivating and educational.