

Freestyle Martial Arts



Freestyle Martial Arts in Church Stretton offers a new and exciting approach to martial arts, taught by Master Phil Hatton (7th Dan), who has been studying martial arts for over 37 years and teaching full-time for 20. Master Hatton recently moved back to the area from Oxfordshire to be closer to friends and family. The Church Stretton club runs twice a week (Mondays and Thursdays) at the Silvester Horne Institute, with dedicated classes for beginner, intermediate and advanced levels. The club started in January 2016 and has grown in popularity, currently supporting over 90 members from Church Stretton and the surrounding area.

Freestyle Martial Arts is a contemporary blend of four of the world's biggest martial art styles – Karate, Kung-fu, Taekwondo and Kickboxing, combined with NLP teaching methods. It places a strong emphasis on helping students get in shape, keep safe and at the same time develop and enhance a multitude of life skills.

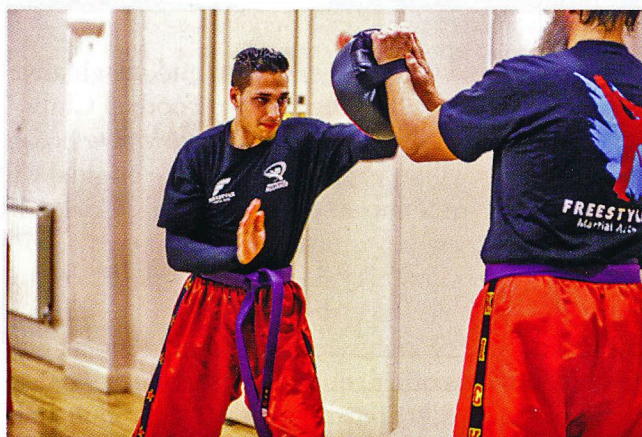
Together, these character-building qualities create the true martial artist of the 21st century, while upholding important social values. Freestyle Martial Arts is a non-contact, family-based programme suitable for all ages and abilities from six years upwards.



All classes use easy, fun and safe activities to keep children healthy and at the same time develop and improve essential life skills, including confidence, self-esteem, motivation, discipline, focus, commitment, self-control, respect, pride in achievement and an indomitable spirit of constant improvement that refuses to give up. These valuable life skills lead to remarkable improvements in school and home life.



For adults, the programme offers a fantastic way to get fit, lose a few pounds, and de-stress! There are very few sporting activities that genuinely allow you to learn alongside your child in the same class, helping their confidence and self-esteem grow, and at the same time do something new and exciting for yourself.



Strength, power, speed, co-ordination, balance, self control, body conditioning, muscle toning, weight loss and improved flexibility are just some of the many benefits that a student can expect to gain through martial arts training. Every muscle group is strengthened and defined with the exercises, movements, technique, and training drills that are incorporated into Freestyle Martial Arts' modern curriculum. A student's endurance and stamina will peak as cardiovascular conditioning is gradually increased. All these physical benefits for the body will be felt in a student's daily life, increasing overall energy, health and wellbeing.

The best thing of all is that students receive the incredible empowerment of personal protection. Dedicated



self-defence training programmes help students to learn the skills needed to protect themselves and others. Self-defence training also provides students with a realistic personal protection system for a modern world to help prevent bullying and peer pressure.

Over many years of teaching I have seen students' lives change overnight through the study of martial arts. I have seen six year olds out-perform children many years their senior, I have seen children too scared even to step in the room on their first day be awarded years later their



black belt. One even went on to become an instructor and help others as martial arts had helped them. I have seen children confident in the face of bullying and peer pressure, adults who have not done any fitness for twenty years, train at the highest black belt level. I have seen students with health issues, learning conditions, who are nervous or shy, unfit, or not sporty all succeed to black belt and beyond. One fundamental thing I know for sure is that martial arts improves a student's life physically, mentally and emotionally for the better. I strongly encourage everyone at some point in their lives to at least try just 30 days of martial arts training as it really is a life-changing experience.

Master Hatton (7th Dan)

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Book early for Scrappies upcoming children's Easter 'Make and Take' craft workshop

Tuesday 11th April
10:30am – 12:30pm
or 1:30pm – 3:30pm

7 years of age +
£3.50 per child
(£2 per child for Crafty Kids Club members)

Fabric sale, including fabulous exotic materials still on!!

If you would like to be part of our Team, we are currently looking for a volunteer to work alternate Saturdays 12pm – 4pm. For more information and application form please call us on: 01694 328508, or email: info@scrappies.org

New Croquet Season

Following a very successful year in 2016, with many attending our open day, Church Stretton Croquet Club is pleased to invite potential new members to consider the sport.

If one imagines a warm and sunny day in summer in a relaxed atmosphere (well, fairly relaxed if you are not overly competitive) driving a ball to within inches of a hoop where another ball waits to be used to 'make' that hoop, then this is a picture of what you discover on the croquet lawns in the town park. The game is as engrossing as it is old and with around thirty members you will make good new friends. Indeed, the social side of the club is important. Cream teas on the lawn, a summer buffet and annual dinner oil the wheels of our relationships together with friendly banter on a Tuesday club afternoon.

We play informal games, as well as the more serious ones, every day of the week from April to September and members choose which suits them best. Both men and women can compete with equal expertise and the handicap system ensures that newer players are not disadvantaged. A *Daily Telegraph* leading article recently commented that it was sad that seven out of ten British people had never experienced the game, which it described as not only providing good outdoor exercise but also "a moral challenge and a superlative strategic game, and the sport should be restored to the Olympics"!

The Church Stretton Club offers five sessions of coaching for interested players and then they are helped by other members to master the game. Please get in touch with the secretary, Fane Conant, on 01694 722610.

STRETTON FOCUS

MARCH 2017

COMMUNITY VOICE OF THE STRETTONS

£1



Freestyle
Martial Arts
Church Stretton