

CIRCULAR No.16

PROPOSAL FOR MARTIAL ARTS CLASSES FOR STUDENTS

Dear Parents

Greetings !

Studying martial arts offers young kids a chance to develop physically and emotionally- at once giving them an opportunity to reach their peak potential. Martial arts is not a sport; rather, this type of physical and mental challenge is a style, one that requires the full commitment of the fighter's mind and body. As a result, the self-discipline developed in martial arts classes extends into other areas of a child's life. Also since martial arts involve regular physical activity, children develop and maintain a healthy body weight. Children who embrace the martial arts learn to enrich their bodies with healthy foods and nutrients, as well as the right amount of physical activity

Martial arts classes often involve partner drills and group activities, which encourage students to work together and communicate effectively; provide a platform for shy or introverted students to interact with peers and build valuable social skills. Martial arts training, which enhances focus, discipline, physical fitness, contributes to better study habits, and improves classroom performance. Studies indicate that students who engage in regular martial arts practice in often show higher grades and better memory retention.

The benefits of incorporating martial arts into the school curriculum are vast and varied, from improved physical fitness and health to enhanced mental resilience and academic performance.

Taking into consideration the importance of physical education in curricula, our school is planning to integrate the martial arts into physical education programs by introducing karate classes through an outsourced training academy. Participating in karate classes offers children numerous advantages. The main benefit is the lessons they absorb in training, including the ones that follow, are carried over into other areas of their lives, such as in the classroom, during extracurricular activities and even at home.

M/S RED DRAGON KARATE CLUB, Abu Dhabi is a reputable martial arts organisation dedicated to promoting discipline, self-confidence, physical fitness, and self-defence through structured karate training. The Club was established in 2016 in Abu Dhabi and seeks to partner with our school to offer a high-quality quality engaging karate program for students, in alignment with educational and extracurricular curriculum. The other features of the club are listed below

- (a). Registered with the UAE Taekwondo & Karate Federation
- (b). Approved by the UAE Ministry of Youth and Sports Authority
- (c). Member-Japan Karate Federation & World Karate Federation
- (d). Registered with the International Olympic Committee
- (e). Engaged with karate classes in various established CBSE schools in Abu Dhabi

More training and other features of the club are available through the link:
<https://www.facebook.com/share/15x64mH3uC/>

Interested parents can register their ward's name for the karate classes, which is scheduled to be held at this school from September 2025 through the link given below. **Last date for the registration is 23rd June 2025.**

Kindly note that the classes will be organised on a bi- weekly basis (8hrs in month) in the school auditorium (PS-2) after obtaining necessary ADEK approval.

Click here to register your ward for the Karate classes: <https://forms.gle/HdkMteJ5wunE5jDPA>

Regards



SCHOOL ADMIN