

Dear Parents/Guardians

Growing up today brings more pressure and distraction than ever before. As parents, you want your child to feel confident, capable, and supported while learning how to navigate challenges, friendships, and expectations in a healthy way.

At **Matt Fiddes Martial Arts**, we provide a structured and supportive environment where children build confidence, discipline, and life skills while having fun and feeling part of a positive community.

We work closely with local schools and families to deliver a proven programme that supports both academic focus and personal development. Our curriculum is designed to complement your child's education and help them develop skills that carry through into everyday life.

For nearly **three decades**, we have helped thousands of children grow in confidence, focus, and resilience. Martial arts is not just about physical ability. It is about mindset, behaviour, and learning how to make positive choices.

Through our classes, your child will:

- Build confidence and self belief
- Learn respect for themselves and others
- Improve focus, discipline, and behaviour
- Develop teamwork and social skills
- Build strength, coordination, and fitness
- Learn how to manage challenging situations
- Enjoy learning in a positive, encouraging environment

Regular physical activity also plays a key role in supporting a child's health, energy, and emotional wellbeing. Our classes provide the right balance of structure, movement, and enjoyment.

All instructors are fully DBS checked and follow strict safeguarding procedures to ensure a safe and professional environment at all times.

We are currently running new beginner classes in the area, with limited places available. If you would like to give your child a confidence building experience that supports their development now and in the future, we would love to hear from you.

Matt Fiddes

Grand Master Matt Fiddes
8th Degree Black Belt

WWW.MATTFIDDES.COM

ATTENTION PARENTS!

BRAND NEW CLASSES LAUNCHING NOW IN

HEMEL
HEMPSTEAD!

MATT FIDDES HEMEL | HIGHFIELD COMMUNITY CENTRE |
FLETCHER WAY | BELLGATE | HERTFORDSHIRE | HP2 5SB

**SATURDAY
MIGHTY MATTS**

3 - 6 YEARS / 09:30 - 10:15

FAMILY CLASS

7+ YEARS / 10:25 - 11:25

BOOK YOUR FREE TRIAL NOW!

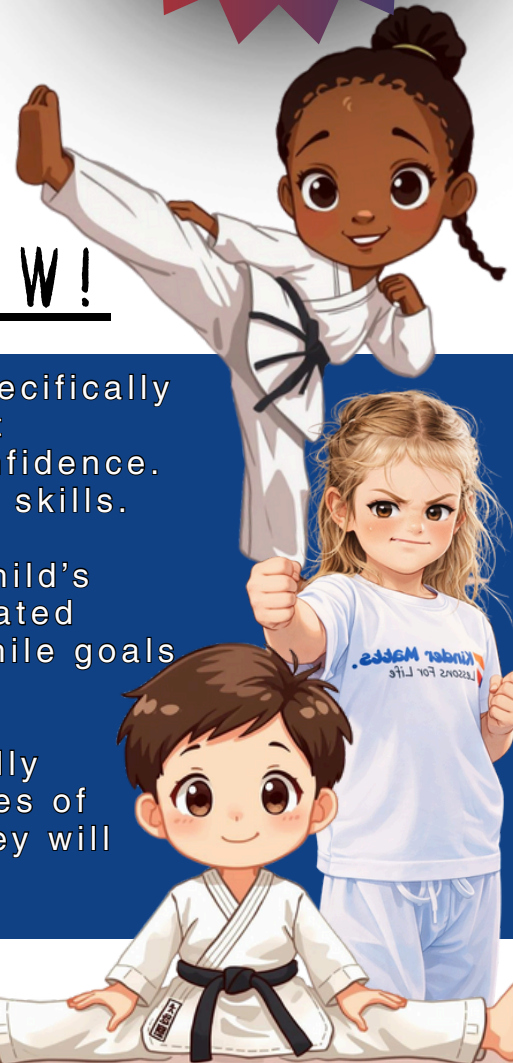
Our award winning MIGHTY MATT'S programme is specifically designed to help teach 3 to 6 year olds the important qualities of Respect, Discipline, Self control and Confidence. They will also learn great character and self-defence skills.

Our FAMILY programme works hand in hand with a Child's school work, providing many benefits. Through dedicated intense work our students are taught that all worthwhile goals in life are possible.

Our award winning children's programme is specifically designed to help teach children the important qualities of Respect, Discipline, Self control and Confidence. They will also learn great character and self-defence skills

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AWARD
WINNING
PROGRAMS
(AS SEEN ON
TV)



FREE TRIAL | FREE UNIFORM | MONEY BACK GUARANTEED