



Kids Martial Arts with Tithira Perera

Tuesdays
4 - 5 pm
age 5-13
800 Rs
with prior booking



Our kids martial arts program is designed to develop their self confidence, self esteem and their neuromotor skills in a fun and interesting way. We aim to teach non-lethal self defense techniques from our anti-bullying program, which are focused on asserting oneself, controlling the opponent and escape, as well as engaging our students in fun games that are designed to improve their awareness, coordination and endurance. This class will provide an extremely enjoyable and valuable experience for your child in a safe environment, conducted by an experienced and internationally certified instructor.