

Cambridge Academy of Martial Arts®

Contact Details:

Postal Address: PO Box 29, Cambridge CB1 3HF

Tel: 01223 565020

Email: info@cama.org.uk

Website: www.cama.org.uk

Booking:

Pricing: Prices marked with an * are prices for those in receipt of a means tested benefit.

If you would like to pay in advance:

PayPal: Visit the CitySport page on the CAMA website.

By post: Post the application form and payment to:
Cambridge Academy of Martial Arts®, PO Box 29,
Cambridge, CB1 3HF.

Cheques should be made payable to 'CAMA'.

If you would like to pay on the day:

Hand your payment together with your application form to the instructor.

Cheques should be made payable to 'CAMA'.

It is recommended that you reserve places on courses by calling 01223 565020, otherwise your place cannot be guaranteed, and you cannot be notified of any cancellations.

Notes:

Participants should wear sports clothing with no zips or metal parts and clean, light-weight training shoes.

Activities at a glance:

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MARTIAL ARTS FOR SELF DEFENCE

There are many systems of Martial Arts and combat sports. You can train in Martial Arts for fun, self defence, fitness and coordination, or even for competition. This course is designed for adult beginners, and will introduce you to a variety of Martial Art skills, with demonstrations and explanations of how they can be used in self defence situations. You will learn effective hand strikes and kicks, 'close quarter' and defensive skills from several different styles. The course will also include exercises and drills to improve fitness and coordination.

Ref: CAMA-SELF-01

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Tuesdays 3rd, 10th, 17th & 24th June (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

Ref: CAMA-SELF-02

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Tuesdays 28th October & 4th, 11th, & 18th November (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

SAVATE TIGER CUBS

A safe and fun kickboxing & martial arts course for children aged from 8 to 13 years. You will learn effective hand strikes, kicks and defensive skills. If you want to improve fitness and self-confidence, this course is for you!

Ref: CAMA-CUBS-01

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Mondays 14th, 21st & 28th April (3 sessions)

Time: 6.30 – 7.30pm

Age: Children aged 8 to 13 years

Cost: £15.00 (£12.00*)

Ref: CAMA-CUBS-02

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Mondays 2nd, 9th & 16th June (3 sessions)

Time: 6.30 – 7.30pm

Age: Children aged 8 to 13 years

Cost: £15.00 (£12.00*)

Ref: CAMA-CUBS-03

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Mondays 8th, 15th & 22nd September (3 sessions)

Time: 6.30 – 7.30pm

Age: Children aged 8 to 13 years

Cost: £15.00 (£12.00*)

Self Defence for Women and Girls

Woman's Awareness and Self Protection Group (WASP) and Cambridge Woman's Resources Centre (CWRC) are offering courses designed for women to increase confidence and awareness of personal safety issues. You will learn simple and effective evasion and escape skills. CWRC also offer activity weeks for girls, including health and fitness, dance and self defence. Some courses are free (although CWRC is a charity and welcomes donations). A small number of crèche places may be available, but this cannot be guaranteed.

For more information, call Julie at CWRC on 01223 321148

CANNE DE COMBAT

Canne de Combat is the French system of singlestick fighting. You can learn canne for fitness, fun or competition. This course is designed for adult beginners, and will introduce you to the strikes, defensive skills and tactics of canne. We will also include exercises and drills to improve fitness and coordination.

Ref: CAMA-CANE-01

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Mondays 4th, 11th & 18th August (3 sessions)

Time: 6.30 – 8.00pm

Age: Adults aged 14+ years

Cost: £15.00 (£12.00*)

Ref: CAMA-CANE-02

Venue: The Sports Hall, St Bede's School Sports Centre (map 1)

Date: Mondays 27th October, & 3rd & 10th November (3 sessions)

Time: 6.30 – 8.00pm

Age: Adults aged 14+ years

Cost: £15.00 (£12.00*)

KICKBOXING FOR BEGINNERS

These courses are designed for adult beginners, and will introduce the skills of savate kickboxing in a safe and fun environment. You can train in kickboxing for fitness and coordination, improved confidence or even for competition. You will learn effective hand strikes, kicks, and defensive skills.

Over the 4 weeks of the course, we will progressively increase the variety of skills to enable you to enter our regular classes with

confidence. We will also include exercises and drills to improve your fitness and coordination.

Ref: CAMA-KICK-01

Venue: Gym, Coleridge Community College (map N)

Date: Wednesdays 9th, 16th, 23rd & 30th April (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

Ref: CAMA-KICK-02

Venue: Gym, Coleridge Community College (map N)

Date: Wednesdays 4th, 11th, 18th & 25th June (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

Ref: CAMA-KICK-03

Venue: Gym, Coleridge Community College (map N)

Date: Wednesdays 17th & 24th September, 1st & 8th October (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

Ref: CAMA-KICK-04

Venue: Gym, Coleridge Community College (map N)

Date: Wednesdays 12th, 19th & 26th November & 3rd December (4 sessions)

Time: 7.00 – 8.15pm

Age: Adults aged 14+ years

Cost: £20.00 (£15.00*)

Introductory Courses

Cambridge Academy of Martial Arts® runs introductory courses for children and adults throughout the year. Please visit our website for details of courses running outside the CitySport programme.

www.cama.org.uk