




<p>YOUR <b>SUCCESS</b> STARTS WITH <b>CONFIDENCE</b></p>  <p>Martial Arts, Fitness, Self Defence &amp; Life Skills for children &amp; adults  <a href="http://www.TringMartialArts.com">www.TringMartialArts.com</a></p>	<p><b>Date</b> <b>Week 17 Sept 2018</b></p> <p><b>Transport</b> No organised transport but let me know if you need or are offering a ride.</p>
<p><b>Program</b>          11:00am Welcome &amp; Coffee/Tea          13:00pm Finish</p>  <p><a href="http://www.TringMartialArts.com">www.TringMartialArts.com</a></p>	<p><b>Venue</b> <b>Tring Martial Arts Academy</b>          Unit 11, Silk Mill Business Park, Brook Street, Tring. HP23 5EF  <a href="http://www.tringmartialarts.com">www.tringmartialarts.com</a></p>
	<p><b>Price</b> £10.00 Cheque, Payable to "Weston Turville U3A (Travel)"</p>
	<p><b>Parking</b> No Parking at the Dojo. Parking in Tring can be a pain during the day, suggest ride sharing.</p>
	<p><b>Access-ibility</b> Very good.</p>
	<p><b>Dress Code</b> <b>Dress Code</b> wear loose fitting clothing or sports wear. The Dojo (training hall) is fully matted throughout so students are required to be bare footed (socks permitted).</p>
	<p><b>Notes</b> <b>Before the class, all students are required to complete a Health and Fitness questionnaire.</b></p> <p>Our instructor will be Head Instructor Sensei Chris Peck</p>
	<p><b>Contact</b> The Extreme Team  <a href="mailto:extreme@WTU3A.org.uk">extreme@WTU3A.org.uk</a>          Tel 0777 150 6055</p>
	<p><b>We are limited to 30 students</b></p>



**Extreme  
Visits**

**Krav Maga**



Version 18/06/2018	This is likely to be a popular event so please book early to avoid disappointment! Priority will be given to Weston Turville U3A members & regular 'Extreme Events' participants. <b>As with any U3A activity, members take part at their own risk, the U3A does not insure against personal accident or loss. It is very possible that your photo may be taken during this event and end up on Social Media – let us know if this is a problem.</b>	Page   2
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