

# Superheroes always know how to defend themselves. Try some self-defence or martial arts



## For leaders

This is a great opportunity to invite someone in for an evening. Perhaps they could give a demonstration then let the young people have a go. Why not get your young people to do some research in to the history of martial arts

## Age 14 - 18

## Age 5 - 7

## Age 7 - 11

## Activity details

### This activity counts towards...



- Superhero Adventures

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£/Free	Indoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11  |
| <input type="checkbox"/> 3 - 5            |   |
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|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Communication
- Decision making
- Gross Motor Skills
- Leadership
- Listening
- Observation
- Relaxation
- Self motivation

### Equipment: