

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 | |

- | | |
|---|---|
| <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: