



GLOVED UP: Children enjoying the martial arts camp. Ref:111740-5

Kids feel boxer beat

Martial arts club part of a week of active amusements

By Nick Mayo

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HIGH-KICKING holiday fun hit Langley this week. A martial arts camp was held at The Langley Academy on Tuesday.

It was part of a week of half term events organised at the Langley Road venue by Sports Xtra. Other activities included a spy school, and adventure camp, street dance and sports.

A dozen Bruce Lee wannabes, boys and girls aged five to 12, enjoyed kick-boxing tutorials and learning how to attack and defend, all non-contact.

Steve West, regional director at Sports Xtra, said: "The group seems to be really engaging with it.

"The great thing is you very often welcome a child who is really shy and does not want to leave their mum and they just come out of themselves on the course."

He will be running camps in partnership with The Langley Academy for all the holiday periods.

Steve said the main priority is to help get children fit and active and to combat childhood obesity. For more details visit www.sports-xtra.com



PUNCH POWER: Oliver Coombe, nine, gives it his best shot. Ref:111740-10



MARTIAL ARTISTS: Children in action at The Langley Academy. Ref:111740-2



HIGH-KICKING HALF TERM: Janna Nabli, six, with coach Joanna Haskins. Ref:111740-6