

17 July 2025

Dear Parents/Carers

### Self-Protection with DART Karate After School Club

We are pleased to announce that the school's long running martial arts club will be open to new male and female students from all year groups at the start of the Autumn term.

The club is part of the Practical Karate Association and has been run for 21 years by Dr Titchen, a former history teacher and CCF Contingent Commander at the school, in addition to being an international seminar instructor and author of 8 books on Karate and Self Protection.

The DART Karate club focuses on dynamic paired training for self-protection and physical health. The club has a long history of promoting values in line with the RGS's Character development Ethos.

- **Respect:** Our sessions are open to students from all age groups and backgrounds training alongside each other. Students develop broader friendships across the school and as part of our training learn to empathise and communicate with each other more effectively. Older students gain opportunities to mentor younger members and to develop leadership and presentational skills that will serve them well in the future. Many of our students form enduring friendships and support networks through their shared experiences.
- **Integrity:** Through our structured activities students learn accountability and to take personal responsibility for their actions. Unique scenario training opportunities develop and ingrain ethical decision making.
- **Aspiration:** Students are encouraged to aim to set personal SMART targets alongside the focus of our grading syllabus. By overcoming challenges in martial arts, students learn to persevere and gain self-confidence from their successes. This forms the foundation for a growth mindset that encourages them to excel in all areas of their lives.

#### Session Details

- Day: Wednesdays – returning on 10 September 2025
- Time: 3.45 pm – 5.10 pm
- Location: Sports Hall (Climbing Wall area)

To register your child for the club, please click [here](#) to visit the Practical Karate Association's website and contact Dr Titchen. Spaces are limited so early booking is recommended.

Please do not hesitate to reach out to Dr Titchen with any questions.

Yours sincerely

James Honeyben  
Director of Sport