

Dene's Martial Artists



Anyone can practise Martial Arts as it is fun and something active to do. It also helps you to be able to defend yourself and helps you with controlling your emotions such as anger and frustration.

At Dene, we have a number of students who practise Martial Arts. Talented Martial Artist Chloe had this to say: "I do Martial Arts because it's a good way to learn a new sport and it is a great hobby. When training, I learn how to be a part of a team and I make new friends in the process. When I go to competitions, I get to travel to a variety of locations. The competitions I have been competing

in are the English Nationals and The World International Championships. I earned a bronze at the Nationals and another bronze as well as a silver last year in Dublin Internationals.



For anyone wanting to start Martial Arts, it is about self-defence and working hard. If you work hard enough, you will be rewarded. Make sure you learn the meanings of what you get told as it won't be in English and it is important to know. It can be expensive to travel to different competitions and you must be committed."

Written by Sam