



Why Parents Trust SESMA Martial Arts

At SESMA Martial Arts, we understand that choosing the right activity for your child is an important decision.

You're not just looking for a class — you're looking for a safe, supportive environment where your child can grow in confidence, develop discipline, and feel happy.

That's exactly what we provide.

A Safe and Supportive Environment

Your child's safety and wellbeing are our top priorities.

We follow recognised safeguarding standards, with clear procedures in place to ensure every child feels safe, respected, and supported in every session.

All concerns are taken seriously and handled with care and professionalism.

Inclusive for Every Child

We believe martial arts should be accessible to all.

In line with the Equality Act 2010, we promote equality, respect, and inclusion in everything we do — helping every child feel they belong, regardless of their background or ability.

Building Confidence That Lasts

Many children join us feeling shy, unsure, or lacking confidence.

Through structured, encouraging lessons, we help them:

- Grow in self-belief
- Develop resilience and focus
- Learn respect and self-discipline

These are life skills that go far beyond the training mat.

Positive Values, Taught Every Lesson

Respect. Discipline. Focus. Perseverance.

These aren't just words — they are built into every class, helping your child develop strong character as well as physical skills.

Professional and Experienced Instruction

SESMA Martial Arts is led by an experienced instructor with decades of working with children and adults.

Every class is structured, engaging, and designed to bring out the best in each student — whether they're a complete beginner or more advanced.

A Welcoming Community

We pride ourselves on creating a friendly, supportive atmosphere where:

- Children feel comfortable and encouraged
- Parents feel confident and reassured
- Every student is treated as an individual

Clear Standards You Can Trust

We operate with clear policies around:

- Safeguarding and welfare
- Behaviour and respect
- Health and safety

So you can feel confident your child is in safe hands.