

	<h2>Martial Arts</h2>
<p>Description</p> <p>Martial arts is a pretty cool hobby. But not only that, it teaches you to be confident, self-disciplined and healthy.</p>	
<p>Requirements</p> <p>Ask your martial arts leader to sign below to confirm:</p> <ul style="list-style-type: none"> • that you've been involved in the martial arts activity for at least 3 months • you're improved in that time • you've taken part in one exhibition or competition <p>Signed: _____ Date: _____</p> <p>Position: _____</p>	