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| NMS header testKnight Club at Norwich Castle**A New Activities Club for Children aged 8-11** |
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| Knight ClubThere are still a few spaces left on our new club which starts:**Saturday 29 September****10.15am – 12.30pm**Norwich Castle gets physical - bringing together the worlds of medieval armed combat and modern sword fighting. Join our [IFMSF](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTgwOTI2Ljk1Mzg0MjgxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE4MDkyNi45NTM4NDI4MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE4MDA5MzYyJmVtYWlsaWQ9YWx1bi5ob3VzYWdvQG5vcmZvbGsuZ292LnVrJnVzZXJpZD1hbHVuLmhvdXNhZ29Abm9yZm9say5nb3YudWsmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&100&&&https://www.ifmsf.com/) accredited instructor to learn about a knight’s skills and duties, before getting kitted out with specially designed protective equipment to have a go yourself! Modern Sword Fighting strives to be a unique sport for everyone, regardless of sex, age, or disability.  |

**Week 1:** 29Sept -Get Knighted! Arms and Armour/Introduction to equipment**Week 2:** 6 Oct - The Chivalrous Knight/Sportsmanship**Week 3:** 13 Oct - Medieval Dancing/Posture, timing, and rhythm**Week 4:** 20 Oct - Historical Formations/Teamwork **Week 5:** 10 Nov - Medieval Tournaments/Competitions and games**Week 6:** 17 Nov - Final Demonstration & Celebration**Cost:** £60 per child. **Further Information:** contact Anna McCarthy, Events and Visitor Programme Manager  T: 01603 495902  E: anna.mccarthy@norfolk.gov.uk**Bookings:** Tessa North, Bookings Co-ordinator T: 01603 493636 E: norwichcastle.bookings@norfolk.gov.uk |
| Web: [www.museums.norfolk.gov.uk](http://links.govdelivery.com:80/track?type=click&enid=ZWFzPTEmbWFpbGluZ2lkPTIwMTgwOTI2Ljk1Mzg0MjgxJm1lc3NhZ2VpZD1NREItUFJELUJVTC0yMDE4MDkyNi45NTM4NDI4MSZkYXRhYmFzZWlkPTEwMDEmc2VyaWFsPTE4MDA5MzYyJmVtYWlsaWQ9YWx1bi5ob3VzYWdvQG5vcmZvbGsuZ292LnVrJnVzZXJpZD1hbHVuLmhvdXNhZ29Abm9yZm9say5nb3YudWsmZmw9JmV4dHJhPU11bHRpdmFyaWF0ZUlkPSYmJg==&&&101&&&http://www.museums.norfolk.gov.uk)Email:museums@norfolk.gov.uk  |

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