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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | |  | | --- | | NMS header test Knight Club at Norwich Castle **A New Activities Club for Children aged 8-11** | | |  | | --- | | There 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](mailto:anna.mccarthy@norfolk.gov.uk)  **Bookings:** Tessa North, Bookings Co-ordinator  T: 01603 493636 E: [norwichcastle.bookings@norfolk.gov.uk](mailto: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](mailto:%20museums@norfolk.gov.uk) | |      |  |  | | --- | --- | |  |  | |