

Corporate Martial Arts

What are cookies?

Cookies are small text files that are placed on your computer, smartphone or other device when you access the internet.

Why are cookies essential to Corporate Martial Arts website?

This website, along with many others, uses cookies. Cookies let users navigate around sites and (where appropriate) let us tailor the content to fit the needs of our site's visitors. Without cookies enabled we can't guarantee that the website and your experience of it are as we intended it to be.

None of the cookies we use collect your personal information and they can't be used to identify you.

Types of cookies

The length of time a cookie stays on your device depends on its type. We use two types of cookies on our websites.

Session cookies are temporary cookies which only exist during the time you use the website (or more strictly, until you close the browser after using the website). Session cookies help our websites remember what you chose on the previous page, avoiding the need to re-enter information.

Persistent cookies stay on your device after you've visited our website. For example, if you tick the 'Remember my ID' box when you log onto Online Banking a persistent cookie will be used so that the site remembers your choice the next time you use it. Persistent cookies help us identify you as a unique visitor but don't contain information that could be used to identify you to another person.

We use web analytics services from other companies to track how visitors reach our site and the path they take through it. These companies use cookies to help us improve our service to you.

The analytics services we use are:

- **Google Analytics**, which uses cookies to help us analyse how our visitors use the site.

Find out more about how these cookies are used on the [Google privacy site](#)

How to control and delete cookies

If you want to restrict or block the cookies we set, you can do this through your browser settings. The 'help' function within your browser should tell you how.

Alternatively, you could visit www.aboutcookies.org, which contains comprehensive information on cookies on a wide variety of browsers. You'll also find details on how to delete cookies from your computer. To learn about controlling cookies on the browser of your mobile device please refer to your handset manual.

Cookies in emails

As well as the cookies we use on our websites, we use cookies and similar

technologies in some emails. These help us to understand whether you've opened an email and how you've interacted with it. If you have enabled images, cookies may be set on your computer or device. Cookies will also be set if you click on any link within the email. The types of cookies we use are:

Web beacons: tiny, invisible images placed in emails to tell us whether you've opened them (and if so how often), how you interacted with them (for example the time you spent reading the email), which email software and web browser you used, which device you used and your IP address. We also use web beacons to help us display emails in the best format for your device.

Link tracking: our emails contain a number of hyperlinks, each of which has a unique tag. When you click on one of these links the mailing company logs the click so that we can understand who has clicked through from an email to our website. We use this information to tailor future messages to you.

Cookies: our process for delivering emails may cause cookies to be set when you download images or when you click on a link.

Making choices about cookies

If you don't want to accept cookies from our emails, simply close the email before downloading any images or clicking on any links. You can also set your browser to restrict or reject cookies. These settings will apply to all cookies on websites and emails.

In some instances, depending on your email or browser settings, cookies in an email may be automatically accepted (for example, when you've added an email address to your address book or safe senders list). Please check your email browser or device instructions for more information on this.