



Ten Important Areas of Development

FOR CHILDREN

- ▶ OUR REWARD SYSTEM IMPROVES SELF ESTEEM
- ▶ OUR CLASS STRUCTURE TEACHES DISCIPLINE
- ▶ OUR ACTIVITIES CHANNEL AGGRESSION
- ▶ OUR CONFIDENCE CLASSES ENHANCE ASSERTIVENESS
- ▶ OUR PROGRAM TEACHES LIFETIME SELF DEFENSE SKILLS

FOR ADULTS

- ▶ OUR WORKOUTS ARE A GREAT WAY TO GET IN SHAPE
- ▶ OUR CLASSES RELIEVE STRESS
- ▶ OUR CLASSROOM SESSIONS GIVE YOU CONFIDENCE
- ▶ WHAT WE TEACH YOU COULD SAVE YOUR LIFE
- ▶ OUR PROGRAM IS A LOT OF FUN