A Fundraiser to Benefit The A.W. Roberts PTA

Skills for School!

Bring your child's study habits, focus and concentration to the next level!

A four week program covering these important topics:

Character Training/Development

1. **Good Attitude:** Teaches benefits of having the right attitudes for success.
2. **Good Habits:** Teaches practical ways to develop self-discipline, responsibility & focus.
3. **Good Self-Control:** Teaches practical ways to control and channel emotions.
4. **Good Manners:** Emphasizes the benefits of courtesy and respect.

Martial Arts for Life provides a successful methodology for improving focus, awareness and self-discipline that spreads to other aspects of life outside the class. – Daniella G.

School Safe/ Street Safe

1. **The ABC's of Conflict Avoidance:** Primarily teaches avoidance strategies.
2. **Stranger Alert:** Teaches how to identify a lure and what to do.
3. **Five Rules of Personal Safety:** Teaches what to do when confronted and how to resolve the situation peacefully.
4. **Trust Your Intuition:** Teaches practical techniques to fine tune awareness.

My son is a much more focused student in school because of what he has learned at Martial Arts for Life. – Julie B.

This program is conducted by Martial Arts for Life.
All funds raised go directly to support the A.W. Roberts PTA. This is not a program of the New Providence School District & they accept no liability or responsibility for this program.

This four-week course focuses on character development, child safety and basic self defense. Sessions are held at Martial Arts For Life located at:

1260 Springfield Ave. (ACME Shopping Center) New Providence

Twice each week, students learn a variety of skills including goal setting and perseverance that will develop their confidence and bring out their very best at home, at school and in all areas of their lives. Here are some of the topics we cover:

Character Training / Development - Positive character traits lead to success in life. We cover a wide range of topics that help develop the attributes of winners and leaders. Topics covered may include:

- How to develop and maintain a "whatever it takes" attitude
- Why it's important to take responsibility for your actions
- How and why to develop self control
- When you use good manners, everybody wins

School Safe / Street Safe - While basic self defense skills are highly beneficial, recognizing and knowing how to avoid dangerous situations is even more vital. We discuss what children can do to keep themselves safe. Topics covered may include:

- How to avoid potentially dangerous situations
- How to recognize and avoid lures
- Who to ask for help - teachers, parents, friends
- What do to if you get lost

COST: The four week course includes a uniform and is only $75.00 (a $199 value). All funds go directly to the A.W. Roberts PTA. Please make checks payable to that organization. Bring this flyer (and your check) to Martial Arts For Life by 10/31/21 to enroll.

LOCATION: The class is taught at Martial Arts For Life located in:

New Providence - 1260 Springfield Ave. (ACME Shopping Center) 908-464-2836

Please call the location for class times and to reserve your space.

Instruction provided by Martial Arts For Life and all proceeds go to the A.W. Roberts PTA.
For more information about our programs visit www.BeginKarate.com