

MASTER LOCKMAN'S BLACK BELT ACADEMY AFTER SCHOOL MARTIAL ARTS

CHILDREN'S PROGRAM

Our children's program, for the 6-12 age group, will teach your child how to act and react positively in many situations. Our positive approach to teaching will help some children to channel aggression while encouraging others to be more assertive. Through their training, children can expect to get regular exercise, improve coordination and motor skills, while learning effective self-defense skills and non-violent problem solving techniques. Children reach higher levels of academic achievement, develop good manners and learn the value of respect.

Students come away from each class feeling better everyday while developing a positive self-image that branches into all areas of their life!

ABOUT OUR SYSTEM

Our classes are based on several martial arts including Choi Kwang-Do, Tae Kwon Do and Brazilian Jiu-Jitsu. Our style of teaching is an exciting and innovative approach to martial arts that combines all of the positive aspects of traditional martial arts - such as character development and positive mental attitude - with a training system that is pure innovation!

Guided by movements that are natural and stress-free, our system provides the most effective martial arts training for today's modern society that is easy to learn - yet provides a complete health system for both body and mind. Unlike many martial arts used for athletic competition, our system is designed to enhance students' overall health, fitness, and well-being.



CLASSES WILL RUN IN TEN (10) WEEK SESSIONS AT HONEY CREEK
FREE TRIAL CLASS ON (11/25) FOR ANYONE INTERESTED IN CLASSES

PLEASE MAKE CHECKS PAYABLE TO "BLACK BELT ACADEMY"

DAY/TIME: WEDNESDAY'S 3:15—4:15
CLASS DATES: 12/2, 12/9, 12/16, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17
COST: \$125 (25% OFF FOR ADDITIONAL FAMILY MEMBERS)
DISCOUNTS: REGISTER BY 11/25 TO GET 10% OFF REGISTRATION, **OR** FREE UNIFORM (\$39.99 VALUE!)
INCLUDES: 10 CLASSES & A NEW UNIFORM FOR NEW MEMBERS
MORE INFO: MASTER LOCKMAN'S BLACK BELT ACADEMY (734) 424-5125