**REGISTER FOR FALL CLASSES NOW!** 



## BUILD CONFIDENCE & CONTROL THROUGH MARTIAL ARTS

### **KIDS HAVE FUN & BURN ENERGY**

They love "Ninja Walking" and "Bouncing Burpees"!

#### **YOUR CHILD WILL:**

- Build self-confidence and self-discipline
- Develop situational awareness
- Learn to deal with bullies without resorting to violence
- Improve left and right-hand coordination
- Learn how to protect themselves from predators

#### **CLASS INFORMATION:**

- Mondays & Fridays 2:38 to 3:38
- Bethke Elementary Gym
- Price: \$130 per month

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\*Scholarships are available for students that can't afford the full tuition.



#### Thomas C Kern

Jr Shihan, 7th Black Belt in Shorin-ryu Karate Jujutsu



**TO LEARN MORE**