

CHOW'S MARTIAL ARTS PROGRAM



5 KEY BENEFITS of children participating in martial arts

- **Physical Fitness and Coordination:** Martial arts training improves strength, flexibility, balance, and overall physical conditioning, helping children develop better body awareness and coordination.
- **Discipline and Focus:** Martial arts emphasize self-discipline, requiring children to pay attention, follow instructions, and practice regularly, which can enhance their ability to focus and stay on task in other areas of life.
- **Self-Confidence and Self-Esteem:** As children progress and achieve goals in martial arts, such as earning belts or mastering techniques, they build confidence in their abilities and develop a strong sense of self-worth.
- **Respect and Social Skills:** Martial arts often instill values like respect for others, teamwork, and good sportsmanship. Children learn to interact positively with peers and instructors, fostering social skills and a sense of community.
- **Self-Defense and Safety Awareness:** While not the primary focus, martial arts teach basic self-defense skills and situational awareness, empowering children to protect themselves if necessary and making them more aware of their surroundings.



PROGRAM

Little Ninja's
3 to 6 years old

Martial Arts
7 years old and up

TIMES

Monday's, 5 and 6 pm

Tuesday's, 5 and 6 pm
Thursday's, 5 and 6 pm
Saturday's, 9 and 10 am

These classes will teach the core of martial arts. Students will have fun while learning the basics of martial arts and moving on to higher levels.

Mr. Douglas has been teaching Traditional Martial Arts since 1991 and is a Master Instructor.

Sensei Jimmy is a 8 time world champion and is the Team and Competitive Coach.

Miss Mindy has been teaching Little Ninja's for 10 years.

