

Second Session
Our Lady's Academy
“After School Martial Arts”

Presented by True Martial Arts Academy
Featuring Stranger Danger & Bully Buster Program

Self-defense - Safety Awareness - Character Development
- Self-Esteem Physical Fitness – Fun

This fun and exciting program is open to all student's PK – 8 regardless of experience, all students welcome. The after school martial arts and safety awareness program develops conflict resolution and stranger awareness skills.

Using **Black Belt Attitudes** such as: **respect, self-control** and **discipline**, these programs provide students of all ages with educational information in developing life skills as well as the physical and mental skills needed to stop the threats of violence from bullies and strangers.

We also will be providing a full **character development** curriculum that helps to develop your children socially and cognitively as well as physically. We use a comprehensive character development curriculum specifically for martial arts students to provide **easy-to-follow lessons** for children ages 4- 7, 7 ½ -13 years lessons that give each student the **strength to explore** and the **foundation to succeed**.

***** **Second Session** *****

WHEN: Monday – Starting, Dec. 3rd to Feb. 11th for 8 weeks
No Classes Christmas break and Jan.22nd MLK Day

TIME: 2:30 – 3:15 & **COST:** \$90.00 2nd family member \$7.00 off
Please make checks out to True Martial Arts Academy, LLC.

Contact Our Lady's @ 781 899-0353 or
Instructor – Sensei James True @ 781 894-6585
Please fill out permission slip, **Return A.S.A.P to Mary @ Front Office**

Name _____ Emergency Phone # _____

Parents Name _____
(mother) (father)

Grade _____ Age _____

Parents signature (I support my child's participation in the after school martial arts program. He / She are in good physical condition.)

Parent's signature _____