

Children's Self-Defense/ Safety Awareness Program

Self-Defense is FUN!

This program will help
your children develop
in the following
areas...

- ✓ Safety Awareness
- ✓ Avoiding Confrontations with Bullies and Kidnappers
- ✓ Building Self-Esteem
- ✓ Increasing Self Confidence
- ✓ Developing an I-CAN-DO attitude
- ✓ Developing Respect For Oneself and Others
- ✓ Goal Setting
- ✓ Practical Self-Defense
- ✓ Improving Coordination and Reflexes
- ✓ Increasing Flexibility and Balance
- ✓ Physical Fitness
- ✓ Making New Friends

Grafton Parks and Recreation is offering a Self-Defense and Safety Awareness program for boys and girls ages 4-12. Classes meet one evening per week, run approximately 40 minutes and are grouped according to age.

It's Practical Self-Defense...Specifically For Kids!

Students will learn how to identify and deal with potentially dangerous situations that are all too prevalent in today's society. While students learn various non-aggressive, practical methods to defend themselves physically, the program's main focus is on safety awareness - i.e., how to avoid confrontations in the first place.

Students learn basic self-defense, karate techniques and strategies through class participation, which in turn are reinforced by weekly reviews and informational handouts. Instructors are certified Black Belts and have several years experience instructing children. This class is not "bully training". Instead, heightened levels of self-esteem, self-discipline, and respect for oneself and others are promoted. The classes are safe and fun!

Additional items are available for purchase for this class: uniforms (\$30), karate belt and certificate (\$10), gloves and boots (\$32). These items are all optional. Please speak with Sensei Stan on the first day of class for more information.

Classes held at the Multipurpose Senior Center, 1665 7th Avenue, Grafton (lower level)

Session

January 22 - March 5, 2019

**Tuesday Evenings
Ages 4 - 12**

Beginners	5:30 - 6:10 p.m.
Advanced	6:15 - 6:55 p.m.



FEES: Resident \$56.00 Non-resident \$60.00

Register online at www.QualityLifeGrafton.com or at Grafton Parks and Recreation Department
675 N. Green Bay Road, Grafton. For more information call 262-375-5310.

OVERCOME SHYNESS

FUN!

CURB AGGRESSIVENESS

LEARN LIFE SKILLS

FUN!

INCREASE ATTENTION SPAN