

## A Fundraiser to Benefit The Salt Brook PTA

# Skills for School!

*Bring your child's study habits,  
focus and concentration  
to the next level!*



***A four week program covering these important topics:***

### **Character Training/Development**

1. **Good Attitude:** Teaches benefits of having the right attitudes for success.
2. **Good Habits:** Teaches practical ways to develop self-discipline, responsibility & focus.
3. **Good Self-Control:** Teaches practical ways to control and channel emotions.
4. **Good Manners:** Emphasizes the benefits of courtesy and respect.

*My son has been attending classes at Martial Arts for Life for over 10 years now. It was the best decision we ever made! I have watched my son grow as a person physically and mentally. He is, in a large way, who he is because of MAFL. Strong, confident and a leader. – Mrs. Elisa Probst*

### **School Safe/ Street Safe**

1. **The ABC's of Conflict Avoidance:** Primarily teaches avoidance strategies.
2. **Stranger Alert:** Teaches how to identify a lure and what to do.
3. **Five Rules of Personal Safety:** Teaches what to do when confronted and how to resolve the situation peacefully.
4. **Trust Your Intuition:** Teaches practical techniques to fine tune awareness.

*We have benefited immensely from Martial Arts for Life for several years now. Our children have improved their conditioning, poise & confidence under the guidance of Master B, Mrs B and their staff of outstanding young instructors. Thank you MAFL!! - Luke Hodges*

This program is conducted by Martial Arts for Life.

All funds raised go directly to support The Salt Brook PTA. This is not a program of the New Providence School District & they accept no liability or responsibility for this program.

This four-week course focuses on character development, child safety and basic self defense. Sessions are held at Martial Arts For Life located at:

**1260 Springfield Ave. (ACME Shopping Center) New Providence**

Twice each week, students learn a variety of skills including goal setting and perseverance that will develop their confidence and bring out their very best at home, at school and in all areas of their lives. Here are some of the topics we cover:

**Character Training / Development** - Positive character traits lead to success in life. We cover a wide range of topics that help develop the attributes of winners and leaders. Topics covered may include:

- How to develop and maintain a "whatever it takes" attitude.
- Why it's important to take responsibility for your actions.
- How and why to develop self control.
- Why it is important to be a leader, not a follower.

**School Safe / Street Safe** - While basic self defense skills are highly beneficial, recognizing and knowing how to avoid dangerous situations is even more vital. We discuss what children can do to keep themselves safe. Topics covered may include:

- How to avoid potentially dangerous situations.
- The ABC's of conflict avoidance.
- Martial Artists Against Bullying curriculum.
- Qualities of a Champion (Respect, Courage, Self-control & Commitment).

**COST:** The four week course includes a uniform and is only \$75.00 (a \$199 value). All funds go directly to the Salt Brook PTA. Please make checks payable to that organization. **Bring this flyer (and your check) to Martial Arts For Life by 10/31/23 to enroll.**

**LOCATION:** The classes are taught at Martial Arts for Life located in:  
**New Providence** - 1260 Springfield Ave. (ACME Shopping Center) 908-464-2836

Please call the location for class times and to reserve your space.

May not be combined with other trial / introductory offers or applied to current memberships. Last day for enrollment is 10/31/23.

Instruction provided by Martial Arts for Life and all proceeds go to the Salt Brook PTA.  
For more information about our programs visit [www.BeginKarate.com](http://www.BeginKarate.com)