

Butler Extended Day Program in Association with the True Martial Arts Academy

Presents

After School Martial Arts: Session 3

*Self-defense - Safety Awareness - Character Development Self-
esteem – Physical Fitness*

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.

This fun and exciting program is open to all students PK – 4 regardless of experience, all students welcome. The after school martial arts and safety awareness program develops conflict resolution and stranger awareness skills.

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**

Additionally students will learn the basics of karate and have the opportunity to earn rank through belts and stripes as they progress.

WHEN: Thursdays – Starting March 7th – May 16th 10 weeks

TIME: 2:55 – 3:40

COST: \$95.00, Discount \$10.00 for a second family member

Enrollment is on Community Root. There is no paper form.

To enroll log in to your Community Root account: <https://bedp.communityroot.com>. Select the child that you wish to enroll and submit. On the next page, select after school karate as your program and submit. On the forms page, complete and save the karate application form and submit. When you get to the payment page, click the pay by cash or check and submit. You need to be sure to submit and finish to complete the registration. You should bring your payment to BEDP or send it to the program at 90 White Street, Belmont, MA 02478. Please make checks payable to Butler Extended Day Program or BEDP. No refunds will be given after the first class. If there is space, children may enroll late at a prorated fee.

New and returning students are welcome.

