

## YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

Presents: Children's Self-Defense and Safety Awareness Class

\*\*\*\*\*REGISTRATION AND CLASSES HELD AT:\*\*\*\*\*

### PINEWOOD ELEMENTARY SCHOOL EAST GYM

1010 West Broadway Monticello, MN.

EVERY DAY 160,000 CHILDREN MISS SCHOOL OUT OF FEAR OF INTIMIDATION OF A BULLY. The Young Americans Schools of Self-Defense empowers youth ages 4 and older, with non-violent self-defense techniques designed to give your child the physical, verbal, and psychological tools to protect themselves from bullies, and others who want to do harm. Come and see for yourself what our program can do for your child. Our certified Black Belt instructors are highly skilled in helping students recognize potentially threatening situations, and in utilizing interventions which will keep them safe. New students will earn the Yellow Belt at the conclusion of the twelve week session, and ranking students work on attaining advanced belt levels. Master Keith Drake is the head instructor of this class. For more information, visit us at [www.youngamericans-mn.com](http://www.youngamericans-mn.com), or call 952-997-7732, and please "like" us on Facebook at YOUNG AMERICANS KARATE OF MINNESOTA.

#### THIS PROGRAM PROMOTES:

- Self-confidence
- Physical fitness
- Improved academic performance
- Responsible citizenship
- Respect for authority

#### STUDENTS ARE INSTRUCTED IN:

- Protection from bullies
- Verbal interventions
- Defense techniques
- Physical maneuvers
- Emergency notifications

**\*\*\*REGISTRATION: TUESDAY, FEBRUARY 5, 2019 from 6:30 – 7:30pm.\*\*\***

**REGISTRATION FEE: \$5.** The first day of class is Tuesday, February 12 from 6:30-7:15pm (beginners); and 7:15-8:00pm (advanced). The Weekly class fee is \$7. Classes meet every TUESDAY for 12 weeks.

