



## NOBLE NINJAS CLASS



### MIKE CARR KARATE @ NORTHERN ARTS STUDIO

MONDAYS 4:30pm – 5:00pm

*REGISTRATION OPEN!*

For children with special needs, the benefits of martial arts are invaluable because of the solid structure and discipline brought to a child's daily life. Experts say it's the respect kids learn, whether from bowing, standing still, or waiting for the next instruction, that can be the most important benefit: It often carries over into home and school, helping to improve behavior and even grades, according to recent research.

Consistency and repetition create familiarity, confidence, and special needs children do well with classes. Repetition of the same location, same faces, same curriculum, and knowing what to expect are the process to help them succeed. With continuous structure and fun exercises, even the child with multisensory issues can rise to the occasion.

#### *INSPIRING POSSIBILITIES WITH SPECIAL NEEDS MARTIAL ARTS*

Most children with special needs receive therapies on a weekly basis. Adding a traditional martial arts program to their existing therapies can only assist them in reaching their goals faster. Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive while learning techniques in Kenpo Karate.

Our special needs class teaches students to work with and be proud of all of their abilities. We keep our class size small so that each child can have the deserved attention they need. Think about it; when an instructor focuses on YOUR child's needs there is no doubt the results are immediate.

***BECOME A NOBLE NINJA ~ ENROLL TODAY! LIMITED SPACES AVAILABLE!***

*Class Tuition \$45.00/month - 30 minute class (Classes are 9 months term - September - May)*

