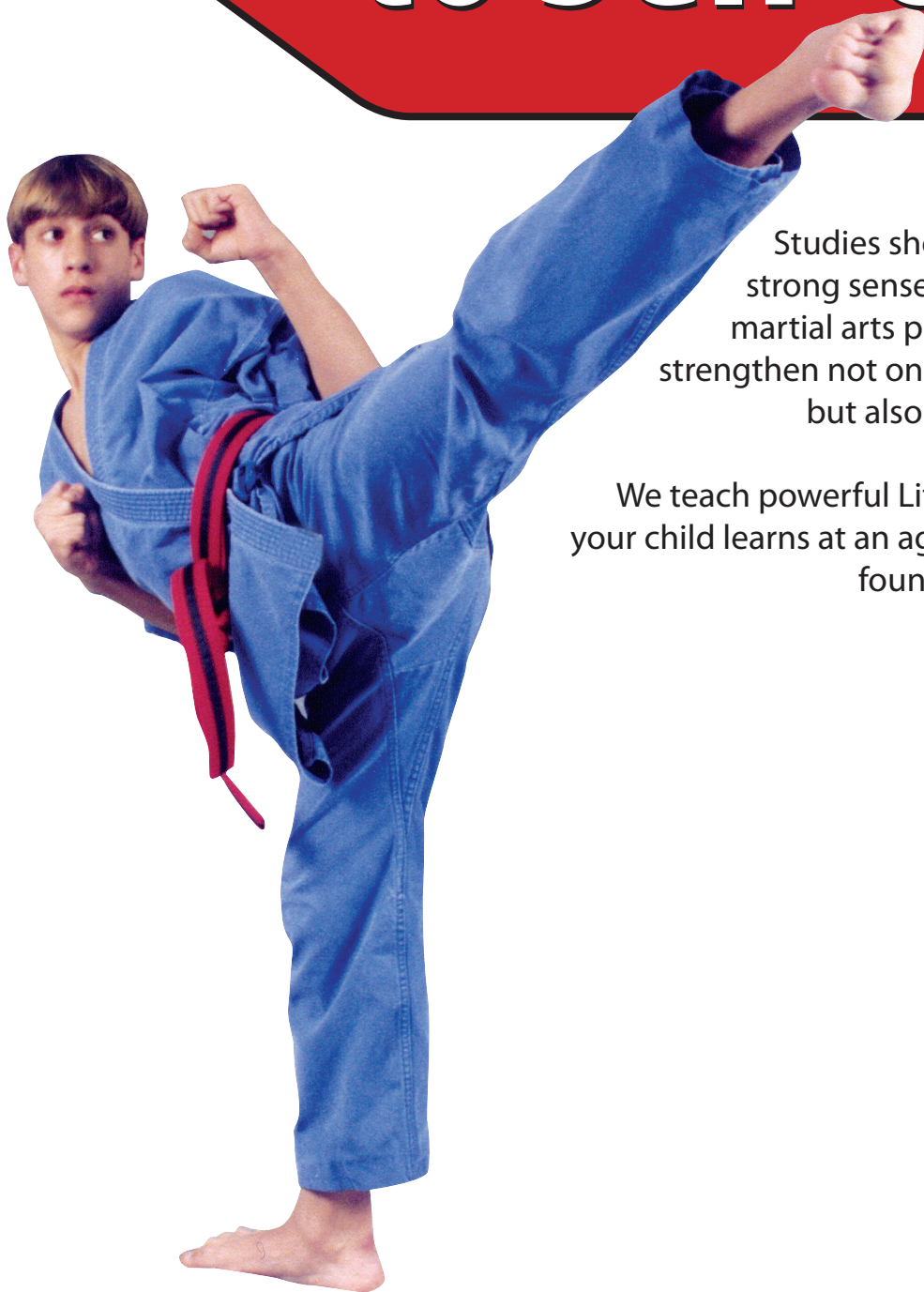


# How Sidekicks Lead to Self-Control



Studies show that the martial arts instill a strong sense of self-control in children. Our martial arts program is carefully designed to strengthen not only your child's physical abilities, but also their ability to listen and learn.

We teach powerful Life Skills in a progressive way so your child learns at an age-appropriate pace, laying the foundation for a lifetime of success.



**Member of the Martial Arts Teachers' Association**