



**INCREASING FOCUS, CONCENTRATION AND  
SELF-RESPECT, ALL WHILE**

# SAVING THE WORLD FROM DRAGONS

**KARATE**

# A kick in THE RIGHT DIRECTION

The most important self defense technique is self confidence and that's exactly what your child will gain through The Little Gym Karate classes. The combination of karate and gymnastics adds a fun twist to the ancient martial art. Our unique gym environment helps children improve coordination, balance and agility while focusing on self control and concentration. So whether you want your child to find inner-balance or balance serenely on one leg, our Karate class will provide the focus needed to help them excel in the gym, in the classroom, and everywhere else they go in life.



## A 3 DIMENSIONAL LEARNING APPROACH



### BRAIN BOOST

- Focus
- Visualization
- Memory



### GET MOVING

- Athleticism
- Agility
- Flexibility



### LIFE SKILLS

- Self-control
- Respect for others
- Self-assurance



## Chopsticks (4-6 years)

Chopsticks classes provide an introduction to basic Karate skills such as stances, blocks, punches, and gravity-defying high kicks. Fun classes full of obstacle courses and skill-based activities help children learn self-control and respect for themselves and others. This non-contact class has a huge impact on each child. Plus, the improved focus and listening skills your child develops will surely have a huge impact on you as well.

## Choppers (6-12 years)

Your child knows the fundamentals of Karate. Now it's time to master them. Non-contact classes focus on refining skills, teaching children to link them into smooth fluid movements. High-powered conditioning activities improve physical coordination, flexibility, and balance while strengthening self control and concentration. Each class is full of big HI-YAH's, big TA-DAH's, and a whole lot of confident smiles.

