

YOUNG AMERICANS SCHOOLS OF SELF-DEFENSE

A Minnesota Non-Profit Corporation

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

REGISTRATION AND CLASSES HELD AT:
ST. JEROME SCHOOL GYMNASIUM
 384 East Roselawn Ave., Maplewood, 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 12 week session, and ranking students work on attaining advanced belt levels. Master Jeff Wood is the head instructor of this class. For more information, visit us at www.youngamericans-mn.com, or call 952-997-7732, and please "like" us on Facebook at [YOUNG AMERICANS KARATE OF MINNESOTA](https://www.facebook.com/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: MONDAY, SEPTEMBER 24, 2018 from 6:30 – 8:00pm. Registration**

Fee: \$5

First Class Day: Monday, October 1, from 6:30-7:15pm (beginners);
 and 7:15-8:00pm (intermediate/advanced students).

Weekly class Fee: \$7 (pay each week as you go)

CLASSES MEET EVERY MONDAY FOR 12 WEEKS

PLEASE NOTE: The above activities are NOT sponsored by District 622 schools.

