

# KID★POWER MARTIAL ARTS

19 BACKUS AVE., PASADENA, CA 91107 / (626) 577-7900 / KidPowerMartialArts.com

## EMPOWERING KIDS FOR LIFE!



**Is your child being bullied?  
Confidence is the key.**

As a loving parent, you want your child to do their best and reach their full potential. You also want your child to be safe. However, you can't always be there to protect them. At Kid Power Martial Arts we teach stranger danger awareness, bully avoidance and conflict resolution. This unique training focuses on mental alertness combined with realistic self defense.



**Does your child need focus?  
Confidence is the key.**

Preschool age is vital in regards to your child's physical, mental, social and intellectual growth. At Kid Power Martial Arts your child will learn focus, concentration and positive interaction with classmates and peers.

Kid Power Martial Arts is a youth based martial arts learning center with an emphasis on leadership skills and character development. We are committed to helping your child achieve their best through the martial arts. Our goal is to create awareness and to guide your child to make good choices. We believe a good instructor does not discipline a student. They empower them with self discipline to help build their self esteem!

The research based curriculum at Kid Power Martial Arts are age-specific. The classes range from ages three to thirteen years to optimize a child's comprehensive learning abilities and enhance positive development through top quality instruction. We teach an eclectic and progressive system of martial arts. The primary art taught is Shaolin Kenpo Karate infused with training methods and concepts from Muay Thai, Boxing and Brazilian Jiu Jitsu. The curriculum is rooted in tradition and integrated with modern and innovative teaching methods.



**Does your child need discipline?  
Confidence is the key.**

### Children learn more than just kicking and punching.

Training at Kid Power Martial Arts will help your child develop important life skills such as courage, respect, memory, teamwork, focus, coordination, good manners and more. They will become better listeners at home and better students at school.

### KID POWER MARTIAL ARTS CLASS SCHEDULE

#### TINY TIGERS (3 - 4 yrs.)

MON & WED: 3:30 - 4:00 pm  
TUES & THURS: 10:00 - 10:30 am / 3:45 - 4:15 pm / 5:45 - 6:15 pm

#### TIGERS (5 - 6 yrs.)

MON & WED: 5:30 - 6:15 pm  
TUES & THURS: 4:15 - 5:00 pm

#### STINGRAYS (7 - 9 yrs.)

MON & WED: 4:00 - 4:45 pm / 6:15 - 7:00 pm  
TUES & THURS: 5:00 - 5:45 pm

#### EAGLES (10 - 13 yrs.)

MON & WED: 4:45 - 5:30 pm  
TUES & THURS: 6:15 - 7:00 pm

*"My husband and I are thrilled that Adriana enjoys training, because we know it will benefit her throughout her entire life." - Rikki Nava*



**Does your child need more exercise?  
Confidence is the key.**

According to a report issued by the CA Center for Public Health Advocacy, "Despite the studies and media coverage regarding child obesity, kids are gaining weight at an alarming rate." At Kid Power Martial Arts we are dedicated to helping your child on a lifetime path of health and fitness. We combine the physical activity of the martial arts with innovative drills to make working out fun. Your child will have a competitive edge in sports performance by developing balance, agility, strength, speed and flexibility.



**Does your child need better grades?  
Confidence is the key.**

Kids today are faced with a complex and competitive world. Studies show that children who train in the martial arts do better in school. At Kid Power Martial Arts your child will learn the essentials of academic success including the value of hard work and a commitment to goals.