



**LIFE SKILLS through KARATE**

Building Better People, Families  
& Communities©

# Martial Arts & Character Development HOME SCHOOL PROGRAM



**Serving Sylvan Lake & Central Alberta**

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## Central Alberta Martial Arts & Wellness Centre (C.A.M.A) “Life Skills Through Karate: Building Better, People, Families, and Communities”©

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Recipient of  
Community  
Innovation &  
Involvement Award &  
Nominated for  
Business of the Year!

### What are the Martial Arts & How Are They Taught at C.A.M.A.?

The foremost intention of traditional Martial Arts is to perfect one’s character. With this said, students at C.A.M.A learn traditional self defense that embodies awareness, calmness, intuition and positive body language and positive thinking. Children as young as 4 years old learn how the martial arts can bring inner peace and thus communal and even global peace. It starts within and as a result, students learn practical exercises and ways of thinking that promote positivity and personal growth. In addition, students participate in traditional martial arts drills and exercises that promote coordination, flexibility, strength, spirit and perseverance! Students learn about bully awareness, stranger-danger and most importantly, how to avoid a dangerous situation before it even happens. C.A.M.A does not place a large emphasis on tournaments, which too much can promote a “me-against-you” mentality – rather, the emphasis is a collaborative, peaceful approach to finding peace in everyday life through traditional martial arts.

### What will my child learn?

- The Power of Positive Words, Body Language and Thinking
- Bully Awareness & Prevention
- Street Self Defense & Prevention
- Street Safety & Awareness (awareness of cars, dogs, and other dangers)
- Each class includes Tai Chi & Yoga for deep relaxation and focus including a life skills lesson that students can apply into everyday life and living. C.A.M.A’s Home School Program provides more of the latter in order to assist home school children and compliment their parents’ teaching and curriculum with these powerful and important messages. As a result, each Home School Session is slightly longer than C.A.M.A’s other programs.

### What Life Skills will my child learn? (some examples include):

- Peaceful Conflict Resolution
- Time Management, Organizational Skills
- Courtesy, Respect and Compassion (of one self, others and world)
- Acceptance & Trust
- Japanese & Chinese History, Culture, Basic Language (goal of teaching Diversities & Similarities)
- Responsibility, Accountability & Integrity
- Celebrating Self, Valuing Others





### **How Will My Child Progress in the Martial Arts?**

Students have the opportunity to rank for belts. Parents are actively engaged in the process by completing a parent report sheet to gauge their child's attitude, initiative and growth at home and in other areas of their lives. This along with their technical understanding of martial arts (based on their age and belt level) including the child's potential, are all considered when deciding upon a child's progression in the martial arts. Children generally grade every 3 – 6 months and Youth and Adults every 2 – 6 months.

### **Who are the Instructors of C.A.M.A?**

*Sensei Christine Braun M.E.d, CPP* is a 2<sup>nd</sup> Degree Black Belt & Life Coach and has trained in the Martial Arts for over 11 years. She began her training and teaching experience in Toronto where she learned traditional Okinawan Goju Ryu Karatedo as well as Tai Chi and Qi Gong. Sensei Christine firmly believes that the martial arts are important ingredients to discovering our full potential and to living a healthy, happy and productive life. In addition, she received her Masters of Education from the University of Toronto with a focus on "Adult & Children Education, Curriculum, and Community Development". As a Life Coach, Sensei Chris coaches in the areas of health and nutrition, career development, and goal setting. She has created many programs, workshops and one-on-one coaching sessions that promote Life Mastery Skills for children, youth and adults.

*Sensei Dennis Braun, RTT* is a 2<sup>nd</sup> Degree Black Belt and Thai Yoga Therapist. With more than 12 years of the Martial Arts he has a knack for providing his students with a holistic curriculum that embodies traditional Japanese Goju Ryu Karatedo, Weapon and Self Defense training, and Japanese culture and philosophy. He is a very patient and supportive instructor who aims to help his students progress in their marital arts training as well as in all areas of their lives.

As a husband and wife team, Senseis Dennis & Christine Braun have collaborated their martial arts, wellness, and life coaching knowledge and experiences to provide their students with the basis of strong yet practical self defense and personal protection while encouraging the tenets of compassion, strength, and courtesy and respect.

### **When Are Classes and How Long Does the Program Run?**

Classes are twice per week, **Tuesdays and Thursday from 11 am – 12 pm, beginning with a special trial period from March 1<sup>st</sup> - June 21<sup>st</sup>**. For this program, it is recommended that children attend twice per week to receive the full benefit. The investment is \$425 (+GST) and includes a karate uniform and character development school supplies and materials. A 6 week trial program may be introduced depending on interest. Payments options for the above full program include:

- Pay up front and receive 5% off, OR
- Pay in 2 consecutive installments of \$ 212.50 (+GST). Additional family members receive 5% off.
- 10 children are required to run the program; ages include 5 – 14.
- A new expansive Home School Program will begin Mid-September 2012 & end in Early June 2013.
- All classes occur in our Sylvan Lake location.

### **Do you have Scholarship Funding?**

Yes, for those in financial need we have various financing available. Please speak to one of our representatives to inquire more.

### **Can My Child Partake in a Trial Class?**

Our Centre offers a Trial Week where at the end of the week we will give you feedback on your child's energy and overall potential in the program. We also offer a 14 day money-back guarantee if for any reason your needs change. In addition, we recommend that you and our child visit our Centre beforehand, meet the instructors, get a tour, and contact on a personal one-on-one basis.

### **Where do I get more information and how can I register?**

You can get more information by visiting [www.gojuryu.ca](http://www.gojuryu.ca) or contacting our Centre 403-887-6303. **For the Spring Term (March – June), registration are due by Fri. Feb. 24<sup>th</sup>, 2012.** You can register by also contacting our Centre.