



## **Jerabek's More than Martial Arts 3<sup>rd</sup> Year!**

**Ages K - 5<sup>th</sup>: A Karate Kulture; creating a powerful and positive life experience.**

Martial Arts is more than kicking and punching; it's a way of life for us at USSD's Bridge2breakthrough. We teach respect, restraint and focus that leads to success and self-confidence. More than a standard studio and after school program, we are back to help our Jerabek students strive and thrive this year!

**Silver Series: 3:10 pm to 4:10 pm located in the Auditorium**

**Monday Only: K thru 2<sup>nd</sup> Grade**

**Begins Monday, September 10<sup>th</sup> (skip dates: 11/12<sup>th</sup>, 11/19<sup>th</sup>) end: 12/10<sup>th</sup>**

**Friday Only: 3<sup>rd</sup> thru 5<sup>th</sup> Grade**

**Begins Friday, September 14<sup>th</sup> (skip dates: 11/16<sup>th</sup>, 11/23) end: 12/14<sup>th</sup>**

Looking for an After-School Activity with a 'kick'? Want your child to learn the life lessons needed to be a leader? Then our action packed and character developing Silver Series is for you!

**12 classes for \$167 students will learn: (Includes snacks)**

- Basic self-defense and Kempo martial arts skills
- Character development
- Goal setting at home and at school

**Gold Series: 2 Day a week Program 3:10 pm to 4:10 pm in the Auditorium**

**Tuesday: Begins September 11<sup>th</sup> (skip dates: 10/2, 11/13, 11/20) with Monday or Friday.**

**✚ Mondays: Students grade K thru 2<sup>nd</sup> that are in the Tuesday Gold Series program**

**✚ Fridays: Students grade 3<sup>rd</sup> thru 5<sup>th</sup> that are in the Tuesday Gold Series program**

Ready to Go for the Gold this school year? This 2 day program will not only provide the same benefits of the Silver Series, but allow students to be part of a professional martial arts system. Gold students will be fitted for a uniform and proceed through the United Studios of Self Defense ranking system.

**22 Classes for \$286 and includes a uniform and belt! (Includes snacks)**

- All the benefits of the Silver Series
- In depth, USSD Kempo system techniques
- Rank progression that is recognized at any of our 80 USSD schools
- Recommended for students that have already participated in our Silver Series

This program fills up fast, please contact Stefanie Alberts at 760-484-1435 or [stef@bridge2breakthru.com](mailto:stef@bridge2breakthru.com) for your application.

Credit Cards, Paypal, Checks and Cash accepted

**Ussd Bridge2breakthru 9870 Hibert Street, Suite D-7 [www.Bridge2breakthru.com](http://www.Bridge2breakthru.com)**