



## **Jerabek's More than Martial Arts Winter 2019**

**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. A unique after school enrichment program, we are back to help our Jerabek students strive and thrive!

**Monday Program: 3:10 pm to 4:10 pm located in the Auditorium**

**TK - 1<sup>st</sup> Graders**

**Begins Monday, January 14<sup>th</sup> (Jerabek skip dates: 1/21<sup>st</sup>, 2/18<sup>th</sup>) end: 3/18<sup>th</sup>**

**Friday Program: 3:10 pm to 4:10 pm located in the Auditorium**

**2<sup>nd</sup> - 5<sup>th</sup> Graders**

**Begins Friday, January 18<sup>th</sup> (Jerabek skip dates: 2/15<sup>th</sup>) end: 3/15<sup>th</sup>**

**COST: \$167**

### **Curriculum includes:**

- Basic self-defense and Kempo martial arts techniques
- Stranger Danger Awareness
- Physical Fitness
- Character development
- Goal setting at home and at school
- Leadership Skills
- Fun Teamwork Drills
- **Includes Healthy Snack for after school hungries!**

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

Credit Cards, Paypal, Checks accepted

\*Instructors are certified, level 2 DOJ background checked, CPR/First Aid Certified and graduates of United Studios of Self-Defense Two-Year Martial Arts Instruction and Management Program\*

**Ussd Bridge2breakthru HQ: 10449 Reserve Dr., Suite 141 [www.Bridge2breakthru.com](http://www.Bridge2breakthru.com)**