



## **Additional Services for Children offered by Legacy American Martial Arts**

[www.legacyama.net](http://www.legacyama.net)

651-343-2070

### **Safety N.E.T Kids Seminar**

"No Abductions, No Abuse, No Easy Targets!" is our motto in this 60 to 90-minute seminar designed to teach elementary age children to be confident rather than fearful in the face of a potentially dangerous situation. We teach children about the right to say "NO!" and how to respond to strangers both at home and out on the go. Legacy AMA will come to your child's school, church group, or boy or girl scout troop for a fun experience that will teach your child lessons to last a lifetime. Recommended for ages 5-11. [www.safetynetkids.com](http://www.safetynetkids.com)



### **Anti-Bully Training**

Statistics show that 77% of elementary age children will be bullied at some point by their peers. Created by the makers of Safety N.E.T. Kids, our anti-bully training seminar is designed to teach how to prevent bullying from happening in the first place, as well as the steps to take to stop it once it does happen. Recommended for elementary and middle school age children.

### **Birthday Parties**

Give your child a birthday party they'll remember for years! Legacy AMA will make your party guests "white belts for a day", while we play some fun martial arts-themed games and teach some cool taekwondo moves. To cap it off, the birthday boy or girl will get to break their very own wooden board, which their friends can sign as a unique memento of their day. No martial arts experience is necessary, and you do not need to be enrolled in our taekwondo program. \$159.00 includes goody bags, white belts, games and fun for 11 children. (\$5.00 for each child over 11)



### **Home School Students**

Parents and home school groups looking for a sport or physical activity for their children can train at Legacy AMA! We offer a safe and exciting training for students ages 4 and up in Taekwondo, Brazilian Jiu-Jitsu, or child safety. Contact us for more information or to set up a training group.