



iBullyProof

Bully Prevention Course

Hosted by: Martial Arts America
Instructor: Grandmaster Martin

ABOUT OUR COURSE

This iBullyProof award-winning bully prevention program is designed to teach your child life-saving self-defense skills while empowering them with confidence, goal-setting, respect, focus, and more.

Our four-week programs have specific life-skill themes. Children will learn these themes through age-specific weekly stories, and then we reinforce the theme with exciting drills. For four weeks, we will cover a challenging martial arts curriculum focusing on bully prevention concepts and fundamental martial arts skills. On the third or fourth week, your child will be required to submit their curriculum sheet, which will inform us of your child's behavior at home and school to determine if they have met the qualifications for testing. After four weeks, your child will participate in a promotional test. In this test, they will be required to perform techniques taught in their classes (*see curriculum sheet*) and then graded by their instructor. Basic mastery of skills is needed, but an emphasis will be placed on their attendance, effort, and attitude in our classes, at home, and school. After successful completion, your child will earn their first martial arts belt and certificate.

If at any time your child is interested in martial arts beyond this introductory course and you love the results from seeing your child train in our after-school classes, don't hesitate to get in touch with our advanced training center, which offers special courses for beginners and more personalized instruction. If you have any questions, please get in touch with Martial Arts America, an official iBullyProof affiliate school, at 541.321.2185.

RULES & REGULATIONS

1. Arrive at the scheduled class early.
2. Students may sit and wait or practice skills taught in class before class: no playing or running.
3. Always show respect to your instructors and classmates.
4. All students must keep their bedroom clean.
5. Misuse of martial arts skills is strictly prohibited. No showing off.
6. Acceptable attire: t-shirt, shorts, sweats, or martial arts uniform. All clothing must be clean.
7. No jewelry: bracelets, necklaces, dangling earrings, or watches.
8. Students must always respect parents, teachers, and classmates.
9. Parents, please ensure your feedback is in the form of praise and encouragement. Please allow our professional staff the opportunity to make the corrections. To ensure your child's success in our program, please avoid speaking to your child while in class.
10. Parents are encouraged to attend their child's class.

STUDENT CREED

1. I will use my martial arts defensively.
2. I will use self-discipline to keep my room clean.
3. I will listen to and respect my parents and teachers.
4. I will act like a black belt everywhere I go.

RECOMMENDED TRAINING TOOLS

Martial Arts America Uniform	\$49
Striking Mitts	\$49