

American Fortitude Krav Maga and Martial Arts

Would you like your child to be more confident and fit?



American Fortitude Krav Maga and Martial Arts is putting together a special promotion for our Basic Self Defense and Martial Art program for kids. In partnership with the Santee School District Foundation, American Fortitude will donate \$10 to the Foundation for each registration. Some of the principles of our Academy are Self-Protection and Physical Fitness. We are not the traditional 'Karate School' that spends a good amount of time on choreography of inefficient skills. We do martial arts training with pads or partners. The Mental benefits are designed to emphasize how focus and self discipline lead to 'actual' achievement. Actual achievement creates a genuine self esteem boost rather than just 'fluffing' up the child's self image through unearned praise.



We feel that focused, fit kids who have learned self-discipline lead to a better society for all. These skills allow success at whatever endeavor is trying to be mastered. Self confident children are less likely to 'follow the pack' when it comes to high-risk behaviors. American Fortitude is committed to helping our community become stronger by building these attributes in our students.

The 8 week session is \$75 per student (ages 5 to 14) and will include an Academy shirt. Classes are separated by age (5-6, 7-9, 10-14) and *students are given a free pre-evaluation to ensure they are training in the most appropriate class. *New students only

To apply, contact Mr. Darryl Johnson via text, email or call.
Amfortmaa@gmail.com / 619-379-1605 www.MartialArtsSantee.com

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