

OUR KIDS PROGRAM

AT NAPA VALLEY MARTIAL ARTS ACADEMY

Ask about our transported after school karate program)

Ages 4-9 (Tigers)

Beginning classes Mon, Tues, Thurs @ 3:15

We offer classes to children ages 4-9 between the hours of 3:15 and 5:30. Our main focus is to begin the process by instilling safety, confidence and teamwork. As they mature in their abilities, they learn the more complex forms and can begin to focus on the art of Tae Kwon Do, rather than the physical agility, which they will already have begun to master in their earlier belt level classes.

Our Tigers' program focus' on developing:

- *Character*
- *Self-confidence*
- *Respect for self and others*
- *Focusing & school performance*
- *Inner and outer strength*
- *Self-defense*
- *Physical fitness*

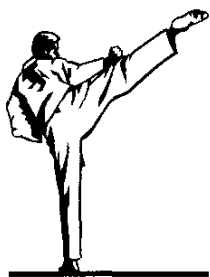


Ages 10 & Up

We offer classes to this group at 5:45. At this level they are able to learn and adapt the art to their particular physical skill level.

Our program for this age level focus' on developing:

- *sparring for Sport TKD*
- *stranger/danger awareness*
- *gang avoidance*
- *physical fitness*
- *good performance in school*
- *self-defense & control*
- *self-confidence*
- *respect for all people*
- *good citizenship/teamwork*



Napa Valley Martial Arts Academy

2485 Stockton St., Napa

CALL 224-6431