

Welcome to Personal Safety! I am very pleased to have your child participate in ACA's Personal Safety class and I look forward to an exciting and productive year. This 2012-2013 school year, there are some new additions to the Personal Safety class taking place including:

- an *optional* belt promotion program
- greater parent involvement in our bully prevention & verbal self-defense curriculum

Please read through the attached packet of information to learn more about the Personal Safety class and curriculum. All students are required to return the completed and signed verification form next week Friday, August 31st.

It is my goal for every student to be successful in the Personal Safety class. If at any time you have any questions or concerns regarding the Personal Safety class, please feel free to contact me at grandmaster@antiochmaa.com.

Thank you,
Grandmaster May Castro-Manner

PERSONAL SAFETY CLASS OVERVIEW

Through the Personal Safety class, the goal is for each student to learn self-protection, to improve focus and better physical well being, and to develop self-confidence and greater self-esteem. Through a systemic and innovative martial arts program students can develop the incentive to become more confident individuals not only physically but mentally as well.

The primary art taught is Shaolin Kenpo. Besides teaching students practical and verbal self-defense techniques, practicing Shaolin Kenpo can provide students with the following benefits:

- Improved Focus
- Self-Discipline
- Greater Self-Esteem
- Increased Confidence
- Character Development
- Respect & Good Manners
- Being Bully-Proof
- Motor Skills Development
- Stranger Danger Awareness
- Learning How NOT to Hit

The Personal Safety class does not guarantee these benefits unless students attend class regularly, practice at home, and applies what he or she learns in class.

Instructing the Personal Safety class is Grandmaster May Castro-Manner. Grandmaster began her training in the early 1960s under the tutelage of her father, Great Grandmaster Ralph Castro, creator of the art of Shaolin Kenpo and founder of the International Shaolin Kenpo Association. Grandmaster holds the rank of 10th degree black belt and her martial arts teaching began in 1969. Since 1994, she has taught martial arts in Antioch, specializing in self-defense for children. She is the owner and chief instructor of Antioch Martial Arts Academy. She began teaching Personal Safety classes at ACA in 2000. Her three youngest children attended TLCS/ACA.

For more information please visit www.antiochmaa.com.

BELT PROMOTION PROGRAM

Students can choose to participate in the Belt Promotion Program and earn a new karate belt which they will receive at the end of the school year at Showcase of the Arts. To be successful and earn a higher rank in the Belt Promotion Program the following requirements must be met:

- 1 Student must wear his/her Friday shirt to every Personal Safety Class.
- 2 Student must wear his/her current karate belt to every Personal Safety class.
- 3 Student must not have more than three (3) absences to Personal Safety class.
- 4 Student must always show respect to all teachers and fellow students.
- 5 Student must apply effort and diligence in class on a consistent basis.

All students, whether participating in the Belt Promotion Program or not, are required to wear their Friday shirt, attend class regularly and apply effort in order to receive a passing grade. Additionally all students, whether participating in the Belt Promotion Program or not, will learn the same verbal self-defense and safety awareness material.

HOW PARENTS CAN HELP

To assist in the success of the students' Personal Safety class experience, parents are encouraged to do the following:

- 1 ***Make sure your child regularly attends class.*** Due to the nature of the class, students must be physically present to participate in all class activities to reap full benefits of the curriculum. Those students in the Belt Promotion program may have the opportunity to participate in a limited number of make-up classes (more info to follow).
- 2 ***Encourage your child to practice at home.*** Have your child demonstrate for you what they have learned in class. Studies show that children do better when they know their parent(s) show interest and take an active part in their training and skill development.
- 3 ***Use "Car Talks" to reinforce the verbal self-defense curriculum.*** "Car Talks" resources will be sent home with students after each Verbal Self-Defense topic is discussed in class. Through the Verbal Self-Defense program, your child will learn how to use words to de-escalate conflict and deflect bullying before the use of physical self-defense becomes necessary. These "Car Talks" will provide the opportunity to practice these anti-bully lessons at home and reinforce what is learned in class.

Student Responsibilities

Upon meeting any of the instructors always show respect and greet them with a traditional “Bow.” (Bowing is our way of showing respect.)

When entering the classroom, students “Bow”.

When walking on or off the training area, students “Bow.”

Address the instructors by their correct title such as: Grandmaster, Professor, Mr., Mrs., and Ms. Etc.

While waiting for class to begin, be mindful of others and wait quietly.

Attend the required number of classes and practice regularly.

Place all personal items (clothing, water bottles, etc.) in the designated area before entering the training area.

Good sportsmanship, discipline and respect must be displayed at all times.

Wednesday/Friday shirts must be worn to all Personal Safety classes. If student is part of the belt promotion program, they must also wear their belt to every class.

Memorize the Student Creed.

To avoid possible injury, jewelry of any kind is prohibited while training.

Use the restroom facilities during passing times and be on time for class.

Exclusion from participating in a Personal Safety class is allowed only with a written doctor’s note. Modified training will be applied if student has limited ability and/or injury.

All students must memorize the Student Creed. These positive affirmations are recited out loud at the start of every class.

Student Creed

I will develop myself in a positive manner.

I will respect others and myself.

I will develop self-discipline.

I will be humble, patient and kind.

I will never be abusive or offensive.

I will use what I learn in class to help others and myself.

I will avoid anything or action that would hurt others and myself.

I will always strive to be my best.

Personal Safety Class

Please read the information packet thoroughly. Parents and students must sign and return this form by Friday, August 31, 2012.

BELT PROMOTION PROGRAM:

My child **WILL** be participating in the belt promotion program. We have read and understand the belt promotion program requirements.

My child **WILL NOT** be participating in the belt promotion program.

I have read the entire Personal Safety Class information packet and I am aware of all requirements, responsibilities, and expectations.

Student Name

Student Signature

Parent Signature

Date