



Our commitment to you

We would like to take this opportunity to let you know what our goals and objectives are, as martial arts instructors, as they pertain to your children.

We have found the most important characteristics that can be taught to our children are self-esteem, respect, and self-discipline. If these traits are not instilled at an early age, it might be difficult for them to function in society the way we would like them to. The question then becomes ‘how does all of this relate to the martial arts?’

We put our instructors through many hours of training to learn the tool necessary to instill the characteristics of self-esteem, respect, and self-discipline in our students. This, however, is not done over night. It takes time, and most importantly, it takes your communication with the instructors to let him/her know about your child’s activities, good or bad.

We’ve heard many comments and questions about what we do in our centers, among the most popular are; ‘I don’t think my children could really defend himself/herself against someone much larger ...’, ‘I don’t want my children taking karate lessons, he/she is already beating up his/her brother and sister...’, ‘My child couldn’t do karate, he/she doesn’t have the coordination, and besides, they are too shy.’

We would like to address these issues one at a time. First, self-defense- it is nice to be able to defense ones self, and if your children continue to study with us, they will be able to do so. Our philosophy is to fight only when bodily harm come our way. To the instructors, the kicks and punches are not really as important as what they represent for the children. We look at kicks and punches as tools to instill and equip our students with the real weapons of self-defense: SELF-ESTEEM, SELF-DISCIPLINE, and RESPECT.

Second, as far as the already aggressive child is concerned, the martial arts will, in time, give the child balance. We have the ability, through our knowledge of the art, to take the overly aggressive child and help him/her to become less aggressive. In

addition, we take the timid child and, through achievement, help him/her to become more outgoing.

Finally, we would like to address the subject of coordination and shyness. Martial arts classes will greatly help with coordination in a positive manner, without embarrassing the child. Karate is an individual event, the child competes in class against no one. They progress at their own speed with encouragement from you and their instructor.

In closing, we would like to thank you for your time and would like to add that we didn't invent these concepts, but we implement them in our continued efforts to make them work for your children.

We at the **Professional Martial Arts Training Center**

strive for excellence in all that we do. If you are not satisfied with any aspect of our school (i.e. teacher, curriculum, scheduling, office management, etc..), please let the instructor know. Or if you prefer, you may contact our head instructor, Shihan Rui A. Rodrigues by calling (401) 949-3376. Your compliments, suggestions, and criticism can only help us make our center the best that it can be!

Thank You

P.M.A.T.C