



## Mind & Body Training for Children

SFL is an exciting new children's educational programme at the cutting edge of character building and life skills development taught through martial arts training.

### Environment

With the environment ever changing our children are asked to face more difficult challenges and increasing pressures everyday. We all see and hear about the effects that school violence; bullying, negative peer pressure and obesity have on children. Martial arts schools teaching **Success For Life** have a genuine interest in helping shape a positive future for today's youth, the future leaders.

### Objective

Success For Life was developed by Martial Arts Instructors, elementary teachers and character education experts, by working together they devised a Character Education program that would help children make better decisions for the future, become more self confident, and develop into successful well rounded adults, and give parents more peace of mind when it came to ensuring that they chose the best education for their child.

### Program

We have created four martial arts hero's, each character has a unique personality and design to help give children the enthusiasm and motivation to succeed. A student's character builds through the 12 life skills modules being taught in their martial arts classes, these are supported at home by parents and children participating together completing child friendly, life skills checklists to reinforce the skills learnt in class. Once children have demonstrated the required effort and conduct in and out of their martial arts schools they are rewarded with certificates decorated with their favourite martial arts hero's.

### Martial Arts

Martial Arts training simply serves as a vehicle to instil values and skills that children can put to use outside of the Martial Arts School. Skills like: Self-Confidence, Self-Control, and Positive Thinking; Listening Skills, Respect and Good Manners. The Ability to Focus Attention; Perseverance and Courage. The core of martial arts stresses the vital importance of a healthy mind and body necessary to lead a productive life.



Self Discipline



Respect



Self Confidence



Focus