

Mark Twain PTSA & Miller's Martial Arts Bully Proof Martial Arts Program on Fridays!

WHERE: Mark Twain Cafeteria
WHEN: Fridays Oct. 12 – Nov. 2 after school, 3 – 4pm
COST: \$40 for 4-week session, includes white belt at end of course to take home!
All proceeds benefit Mark Twain PTSA thanks to donation from instructor

Bully Proof Martial Arts Program: Teach your kids to stand up for themselves!
"I'm giving them the courage - and the permission to be loud with someone who is physically threatening them" said Korbett Miller of Miller Marital Arts Academy as quoted in an anti-bullying article on www.moms.today.msnbc.msn.com . He teaches what he preaches by showing students how to set verbal boundaries, what to say, when to say it, and how to say it. Class incorporates martial arts to build self-esteem and give students positive alternatives to solving conflict. Students will also earn their White Belt at the end of the program.

Participants should be in 1st – 5th grade and:

- Bring an after school snack & water bottle w/name on it.
- Wear comfortable clothes and shoes.

Have your student submit the completed form and payment to the school office.

For questions, contact:

Amy Maher / amy.maher@live.com or 425-827-1543



Submit bottom portion with payment attached.

MARK TWAIN PTSA & MILLER'S MARTIAL ARTS BULLY PROOF PROGRAM

Please make checks payable to: **Mark Twain PTSA***.

Payment: \$40 for 4 week session, includes white belt

Photos: OK to photo for school purposes (first names only) Not OK to photo

Student Name: _____ Grade/Teacher: _____

Parent Name: _____ Phone: _____

Email Address: _____

Emergency Contact: _____ Phone: _____

Parent Signature: _____

Space is limited to 30 and it is first come, first serve - so hurry! By signing you agree to hold harmless Mark Twain Elementary PTSA and Miller's Martial Arts Academy.

* Checks returned NSF subject to \$20.00 fee.