

# Marietta Martial Arts After School Karate Class



At **Marietta Martial Arts**, we believe that martial arts training encompasses all aspects of a students' life, not just the physical. As students participate in our classes, parents quickly see that we place a high value on their **individual development** and **achievement** through emphasizing "**Future Black Belt Behavior.**"

What is "**Future Black Belt Behavior**"?

**Respect Focus Self-Discipline**

**Respect:** Martial arts begins and ends with respect. Respect is simply showing someone or something that you care. Showing respect can be easy as saying "Yes Ma'am" and "Yes Sir" or raising their hand before speaking. We will demonstrate and help re-enforce ways that students can show respect to teachers, classmates, siblings and parents!

**Focus:** We teach children how to focus and our philosophy is simple. We teach them that they focus using their eyes, their ears and their brains. It's the ability to focus, in the class room and at home, which will determine a student's level of success. That's why we place such a high emphasis on this behavior.

**Self-Discipline:** Doing what you are supposed to do without being told...all students will benefit from developing more self-discipline!! We discuss in each class examples how students can show self-discipline at home, at school and in karate class.