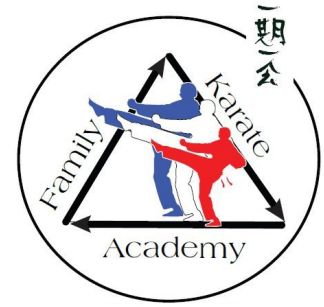


Family Martial Arts Academy

TIGERS PROGRAM

ON A QUEST TO BE OUR BEST
Developing good habits that will last a lifetime!



The **Family Martial Arts Academy (FMAA)** program for early learners provides relationship-centered martial arts training and offers opportunities for our youngest students to develop physical skills and positive character traits that will benefit them throughout their lifetime.

Many martial arts programs take their self-defense system and try to simplify it for young kids. At **FMAA**, we recognize that young children are not just little adults - they are complex beings, experiencing stages of development in which their bodies and minds are growing at a rapid pace. We've designed our **FMAA Tigers** program with the awareness that, as children experience the patterns of engaged interactions, they literally create the body-mind connections that will serve as the foundation for their future.

FMAA Tigers program for 4-7 year old children supports developmentally appropriate activities and interactions in the fun experience of martial arts. Children attend weekly classes, in which our certified instructors present exercises that develop coordination of both sides of the body and brain. We emphasize trunk (or core) stability that leads to a healthy sense of body awareness. This awareness is needed for all learning situations – karate class, home, and school.

Parents and other family members are often invited to participate in class activities to support and model the skills we are teaching. Our aim for family involvement in class is to help build a fun, relational context for the lessons we teach, and to support parents to reinforce these lessons outside of the dojo setting in all other areas of your children's lives.

We present all of our class activities with an awareness of different learning styles and sensory preferences, using the following techniques in our teaching:

- ✧ Visual cues for body awareness boundaries
- ✧ Clear and concise auditory directions that correspond with visual examples
- ✧ Repetition of practice for kinesthetic learning
- ✧ Motivational and interactive activities



We recognize all of our students for their individual efforts and learning capabilities by reinforcing their positive progress, while offering opportunities to develop new skills within a safe, comfortable, and fun atmosphere.

Our teaching staff at **Family Martial Arts Academy** is honored to participate in the development of your children and we are available to conference and dialogue about student needs.

Meet Your Child's Instructors

Sensei Paul D. Keller

Paul Keller holds an 8th Degree Black Belt and title of Hanshi in Shorin-Ryu Karate, a 5th Degree Black Belt in Okinawan Weapons (Kobudo) and a 1st Degree Black Belt in Japanese Swordsmanship. He earned his B.A. and M.A. from The Ohio State University. Sensei Keller's M.A. was in Physical Education specializing in Movement Arts where he was employed by OSU as a graduate Teaching Associate teaching women's self-defense, karate, yoga and metabolic circuit training. Sensei Keller is the President & Founder of the American Shorin-Ryu Karate Association one of earliest organized karate associations in America. The ASKA is dedicated to early child development and sensitive to helping children develop skills and experience how to make better choices as they learn and grow. See more here: www.aska-karate.org/paul-keller/



Sensei Danni Verona

Danni Verona holds a fourth-degree black belt in Shorin-Ryu karate, a black belt in Tae Kwon Do, is ranked in Small Circle Jiu Jutsu, and is a certified instructor of Guang Ping T'ai Chi. Sensei Danni's favorite martial arts practice is leading the youngest members of our Family Martial Arts Academy - the Tigers. As a licensed Pediatric Occupational Therapist, Sensei Danni specializes in working with children who have Special Learning Needs. It is her passion to make the FMAA Tigers program inclusive to all children's learning styles and to support other instructors and parents in gaining knowledge about the complex stages of childhood development. See more here: www.aska-karate.org/danielle-j-verona/

Sensei Julie Magers

Julie Magers holds a third-degree black belt in Shorin-Ryu karate and has been studying Guang Ping T'ai Chi with Sensei Danni since 2009. As a family advocate and health systems navigator, Sensei Julie helps families and children access mental health services and develop collaborative relationships with their children's service providers. Her passion to integrate children's physical health and fitness with mental health awareness and wellness drives her desire to teach FMAA's youngest students, collaborate with parents, and continue to refine and develop our unique early learners program alongside our Academy's other talented leadership.

All instructors welcome and encourage parents and students to share concerns, needs, and stories of success. Class times are busy and not always conducive to discussions, so please let us know you want to talk and we will arrange a dedicated time.