

# Standing Proud Martial Arts Class

## Mission Statement

Standing Proud is a nonprofit organization dedicated to general education on health and fitness and its importance for both children's mind's and bodies that will benefit them for the rest of their lives. By promoting health, wellness and fitness for all children under the age of 18, Standing Proud reaches out to help youth's to become more self-assured, self-confident and more successful in their daily lives.

## About the Martial Arts Fit Club and Program

Children of all ages are encouraged to take part in this Martial Arts fitness program. We begin by introducing our students to proper dietary habits and the benefits of fitness for a healthy lifestyle. Classes begin with a warm-up, followed by some stretching and some light jogging. The Fit Club then takes each child and prepares them for the fundamentals of Martial Arts, primarily Brazilian Jiu Jitsu which is a non-striking art form and basic Muay Thai which incorporates kicks and punches. Students are taught proper technique and evasive maneuvers in a fun way. As our students make progress, they are then allowed to practice the techniques they have learned against one another. All of our students can't wait for the following week's class. The Standing Proud instructors are highly advanced Martial Artists, and provide an extremely knowledgeable and safe environment for all of the students taking part in the Fit Club. We take the safety of our students very seriously and provide supervision at all times. This program has been designed to effectively enhance participation of students, create a positive environment and promote the benefits of living an active, healthy lifestyle and build self confidence in every child.

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**Classes every Monday**

**4:30—6:00 p.m.**

**Every Wednesdays**

**2:30—4:00**

**City Heights Wellness Center**

**4440 Wightman Street suite 200**

**San Diego, CA 92105**

**Please call for waiting List**

**Limited Space Available**

**619-321-2920**

