



All Stars KARATE CAMP

The Power of One



Just Imagine...

...your child gradually becoming more & more confident, and having influence over his/her friends (instead of following THEM!). Imagine your child becoming focused on the important things in life! Imagine your child as a Black Belt! We can help you make that happen. Even if your child is shy or has a bad attitude, you'll be amazed at what we can do. You have nothing to lose and everything to gain.

Whenever you get more than 5 children together in one place there is a chance of fighting, teasing, and bullying. There is also a very high chance of children just getting a lot of bad habits, like being a little disrespectful, or acting silly all day long, or acting crazy and out of control during games and activities. All Star Karate Camp helps each child realize they are a star and have star potential. They discover that the way to change their life begins with them thereby creating the *power of one*.

In All Stars Karate Camp your child will learn:

- * Respect
- * Discipline
- * Team Work
- * Karate Skills
- * Goal Setting
- * Rules
- * Focus
- * Leadership
- * Discover Their Personal Strengths

We will treat your child with love, respect and discipline. With more than 20 years experience in teaching people of all ages, Alpha UPKUDO's master trainer, has transformed lives. We want your child to believe in themselves, to treat others fairly, and to become a leader.

Option A: Fees are based on minimum of 12 children at \$10 each class per child. 4 week classes \$40 or 8 week classes \$80 or 10 week classes for \$100. Monday -Friday only between the hours of 9 am-4 pm. (uniform and belt testing not included)

Option B: Fees are \$20 per child per class if you wish for your child to have a uniform and be ranked with the white belt with degree testing. Minimum 8 weeks to accomplish this goal. Total \$160 for two months of training and rank and uniform.

Option C: You may bring your child to our Wednesday night 1 hour class at 6pm for the same \$160 fee for the 2 months of training, uniform and includes testing fee.

If you would like your child or group to be a part of our team, please contact me at **514-4334 or 566-4544**. We are in the process of scheduling summer camps for 2011 on your location or at our facility at the A Better Body Personal Development Center. Discover how the *power of one* can make your child a star. For more information visit our website at www.upkudo.com or www.abetterbody.us or email to masteranne@upkudo.com.

References are available upon request.

A Better Body.US

Non Profit 501 (c) (3) FEI# 35-2330538

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