

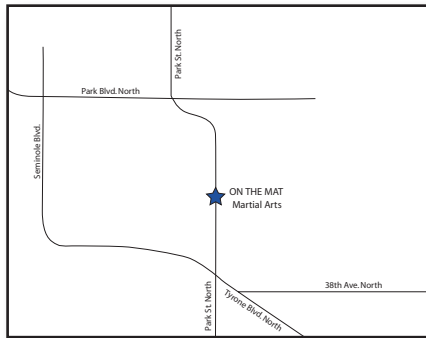
Here's How It Works:

1. Come in and try our introductory lesson.
2. We'll evaluate and determine which program your child qualifies for.
3. Once your child qualifies, he or she will train 2x per (7 & 8-year olds) or 3x per week (9 to 12-year olds).
4. Your child will be evaluated on the weekly basis and advance to higher training levels as he or she qualifies.
5. We recommend that you commit your child to at least 6 months of training to set a strong foundation for growth.
6. Your child can reach black belt in as little as 2 years!

FREE TRIAL MEMBERSHIP WITH THIS BROCHURE!!!

On the Mat Martial Arts invites you to take advantage of our special offer so that you can see why the Karate Kidz Zone programs are so important. Please mention this brochure when making your appointment and begin to enjoy the many benefits the Karate Kidz Zone programs has to offer.

Call or Visit Us Today!



**Eagles Park Shopping Center (Parking in rear)
5543 Park Street North
St. Petersburg, Florida 33709**

**727-548-KICK
WWW.ONTHEMATMA.COM**

Dynamic Martial Arts Training for the 21st Century! Get on the Mat!



Children between the ages of 7-12 that participate in positive activities, primarily related towards self-development and self-improvement, tend to enter their teenage years with a more confident and enthusiastic outlook. Building skills physically, intellectually, emotionally, and socially are important during these years, as they are the key areas where influence (good and bad) have the biggest impact. The problem is finding the right activity with the right environment to nourish these skills in an effective and productive manner. The solution is to get them involved in an activity such as martial arts, where positive development is enforced and encouraged each day.

Martial Arts that is Taught with Your Child's Best Interest in Mind

Have you ever felt that a sport was having more of a negative influence vs. positive influence on your child? Did you know that the internationally acclaimed Karate Kidz Zone programs have been endorsed by some of the leading child psychologists as one of the best activities a child can participate in today? It's true and we'd like to offer you an exclusive opportunity to see for yourself why tens of thousands of children world wide have dramatically increase their positive attitude and behavior through these comprehensive age-specific martial arts programs.



Introducing the Most Comprehensive, Age-specific Martial Arts Training Programs Designed Specifically for Children Ages 7 to 12!



The Karate Kidz Zone Prep Course Ages 7 & 8

This program was designed to target the skills that children this age are primarily developing. These skills include: concentration, courage, perseverance, intensity, speed, agility, technique, and flexibility.

In the Karate Kidz Zone Prep Course, we target these skills and maximize the development results through age-appropriate drills and teaching methods. This program is a must for 7 & 8-year olds!



The Karate Kidz Zone Program Ages 9 to 12

This dynamic program focuses on teaching children martial arts in a way that emphasizes a healthy body and mind. Children learn traditional martial arts, along with additional dynamic components

including sparring, board breaking, dynamic kicking, physical development, and mental development- all areas that are fun to learn and at the same time dramatically enhance the abilities of each student physically, intellectually, emotionally, and socially. Whether your child is very shy, or extremely outgoing, this age-specific program blends a healthy balance of lessons and training that will make a dramatic difference as they enter their teenage years.

You Won't Find More Comprehensive Programs that Generate Proven Results!

At On the Mat Martial Arts, we believe that the proof is definitely in the training. In fact, we are so confident that our age-specific programs will generate results in your child's behavior and abilities, that we offer an exclusive 90-day guarantee on all of our programs. We want you to see for yourself how the Karate Kidz Zone programs have helped tens of thousands of children gain and edge on life.