

# We teach **Respect**



In today's world parents could often use a little extra help in reinforcing respect, courtesy and self-discipline. These are part of everyday lessons at our school. Our Martial Arts classes teach much more than kicking and punching. We teach life skills.

**Benefits include:-**

- Higher Self Esteem
- Improved Concentration
- Confidence
- Stranger Awareness
- Improved School Results

**MUSCLIFFE  
KARATE ACADEMY**  
LITLEDOWN CENTRE,  
EPIPHANY SCHOOL  
& VERWOOD HUB

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