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We've brought out the best in *them* -- Now let us bring out the best in *your* child!



My name is Master Jim Saemann. I am the Director of Family Martial Arts Center in Downingtown. Since 1991, we have touched the lives of over 2000 young people in the Downingtown area. You probably have friends and neighbors who train with us now or have trained here in the past. We specialize in bringing out the very best in children. Many of our kids have even gone on to become champions at the state and national level. In summer of 2007, ten of our students won a total of nine medals at the national Jr. Olympic competition in San Jose, CA.

Any child can benefit from training with us. If you are interested in helping your child develop self confidence, self discipline, self defense, maturity, leadership skills, mental focus, and physical fitness then I am asking you to please take the time to read this letter. The information inside will surprise you!

Every parent I know loves their children dearly and feels their kids are special. Every child has special talents and abilities that we as parents want to help them develop. As a parent of three and a martial arts master to hundreds, **I believe *all* children are "gifted".**

Most of the children in our area are happy, healthy, and highly successful. But many kids struggle with obstacles to achieving their full potential. Some have Attention Deficit/Hyperactivity Disorder (ADHD) or problems focusing. Some kids lack coordination, strength, or balance. I know many parents whose children are shy or lack self confidence to try new things. Quite often I hear about kids who are being bullied at school or in the neighborhood. I know lots of parents who tell me their kids can't seem to find any friends whose families share similar values.

Like many of you, I am very concerned for the safety of our kids today when I hear stories about child abduction and abuse. The world has changed dramatically in the last 20-30 years. Our children cannot safely roam their neighborhoods without supervision like you and I could when we were kids. In response we have incorporated the **SCAN** program here at Family Martial Arts Center. **SCAN** stands for **Stop Child Abduction Now**. **SCAN** is an integral part of our self defense curriculum.

As our young children enter adolescence and become teenagers we know they will be confronted with peer pressure, drugs, alcohol, and many self-image issues. This is perhaps the most challenging time in our kids' lives because they are starting to make the difficult transition from childhood to adulthood. I would like to take a few moments of your time to tell you how martial arts training can help your child *overcome* the obstacles he/she faces and *become* confident, happy, healthy and strong. I know your time is valuable so I promise the information contained herein is valuable as well. I hope by the time you finish reading this letter you will understand why I love to tell people about...

The Eight Secret *Miracles* of Martial Arts Training

I have personally witnessed many "**miracles**" take place when children train in our program. Occasionally parents send me letters, some of which I am sharing with you below. To ensure privacy I have changed the child's first name and/or omitted the family's surname.

Dear Master Jim:

*I wanted to be the first in line to say what a fabulous program you have for children that are interested in karate. The program teaches self **confidence and self discipline**, as well as mutual **respect** for others. Five years ago I sent a shy little boy to your program, and I now have a **confident, respectful young man with a black belt!** Karate at Family Martial Arts Center has taught Devin to set goals, work endlessly toward those goals, and that **nothing is impossible with hard work.***

Linda

Dear Master Jim,

*Thank you so much for all of the effort that you and your program have put forth on behalf of our son, Joey. **We are so proud of him** for receiving his white belt and receiving a perfect score, no less. We realize this is only the bottom step in the "belt ladder" but for Joey this was a major accomplishment. Here's why...*

*You may have noticed that Joey prefers to walk on his toes. For the past 5 years, through Dupont Children's Hosp., Joey has been wearing casts, leg braces and receiving physical therapy to correct a growth problem in both of his legs. Because of Joey's toe walking, his calf muscles get so tight that he experiences leg pain when the bones try to grow. This also creates problems with his balance. When Joey tried other sporting activities, his balance problems give off the perception that he is klutzy or clumsy. Baseball, soccer and basketball coaches didn't encourage Joey to participate (he spent a lot of time on the bench.) **We are so pleased that Joey has finally found an athletic venue that he can actually do and enjoys participating in.***

Thank you so much for your positive encouragement to Joey. We truly appreciate it.

*Sincerely,
Judi & Keith*

Dear Master Jim,

*I am writing on behalf of my two children who recently became students to let you know the changes we have seen in these last 4 months. Samuel and Hannah "love" the training and it shows. **I can see the changes in their attitude and abilities** as they test to another level. Hannah and Sam enter your school with **excitement & pride**. When class is done I see children leaving with smiling faces. I love the discipline and love that all the instructors put into the classes. I believe there are so many lost family values in this world. We bring our children to this school because they are learning and becoming strong both physically and mentally with positive energy. I am amazed how Jim can have so many children focused and quiet as they train. Thank you Jim & Jennifer for all your dedication and love.*

*Warmly,
Kevin and Jackie*

Dear Master Jim,

*Family Martial Arts Center has made my daughter, Lauren, a very **thoughtful, disciplined young lady**. Her self esteem has skyrocketed and her body along with her mind has become very healthy. She now has wonderful concentration and we have seen a noticeable improvement in her school work and attitude. **We highly recommend Family Martial Arts Center.***

I receive letters like this all the time. It's one reason my job is so rewarding! Turn the page for more information about the **8 Secret Miracles of Martial Arts Training**.

MIRACLE NUMBER 1 SELF CONFIDENCE

The miracle of **Self Confidence**. I know many parents who would give anything to help their child overcome their lack of confidence. Children who lack self confidence miss out on so many opportunities to excel. Their lack of confidence makes them more likely to fall behind in school, avoid group activities, and to be the victim of a bully.

As soon as kids start training here at Family Martial Arts, we teach them to do things they never dreamed possible. They learn how to properly execute defensive techniques that have practical application against bullies. They learn how to break boards with their bare hands and feet - this is a tremendous confidence booster! The kids are treated in a **respectful, friendly manner** by not only the instructors, but by the other children in the class. There is no teasing, no ridiculing, no being laughed at, and no "unpopular" kids. Everybody's **special** at Family Martial Arts Center!

As the kids progress through the program, they learn techniques and strategies that are more difficult but also more fun. Every time they receive a new belt they are called up in front of a Black Belt panel of judges, the other students, and their parents to receive recognition and applause. Before they know it, they're dive tumbling, flying through the air executing spinning kicks, and learning how to defend themselves in a variety of situations. We are certain your child's self confidence will improve in just a short time after they start training with us!

MIRACLE NUMBER 3 OUTSTANDING PHYSICAL FITNESS

At Family Martial Arts Center, one of our primary goals is to promote outstanding physical fitness in every child. Our classes stress endurance, balance, flexibility, strength, coordination, and general fitness in a safe, caring way. Many of our students qualify for the **President's Physical Fitness Award** at school. Our students become some of the best athletes around because of the professional training they receive in our program.

Today there's so much to do indoors - television, computers, video games, etc. Our busy work schedules and the kids' schoolwork load often do not leave time for physical activity. Then there's the typical super-sized American diet that's causing so many health problems. According to the website of the **American Academy of Child & Adolescent Psychiatry**:

"The problem of childhood obesity in the United States has grown considerably in recent years. Between 16 and 33 percent of children and adolescents are obese. Obesity is among the easiest medical conditions to recognize but most difficult to treat. Overweight children are much more likely to become overweight adults unless they adopt and maintain healthier patterns of eating and exercise."

Consider also the psychological burden that comes with being out of shape or obese. Self image is negatively affected and obese children are more likely to be teased by their classmates.

At your child's very first class, he/she will begin developing coordination, strength, and endurance. The classes are demanding and the work is hard but all the kids have fun at the same time!

MIRACLE NUMBER 2 ATTENTION AND FOCUS

The first "miracle" I often see happen in our school is children developing **mental focus** - the ability to **pay attention** to their work. When kids train here at Family Martial Arts they are expected to look the instructors in the eye, listen carefully, and remain quiet during class. Through repetition of techniques and sequences that become gradually more difficult, the kids learn to stay focused and pay attention to the task at hand.

We have trained hundreds of students who've been diagnosed with ADHD or similar conditions. In nearly all of the cases, the child's parents and teachers noticed a marked increase in the child's ability to pay attention and complete their schoolwork. Some children have been able to reduce or even eliminate their dosage of ADHD medication. To any parent concerned about the potential long-term side effects of medication, *that's* a miracle!

When a child learns to focus and pay attention, their grades improve, they learn more, and they feel better about themselves! No longer do they feel inferior or different because they no longer lag behind the other children in school. Not only does the child's **self esteem** take off, their **behavior** improves as well! My experience has taught me that when you instill **self esteem** in your child, you've also instilled them with the ability to accomplish anything.

MIRACLE NUMBER 4 BUILDING EXCEPTIONAL CHARACTER

Character Counts! We teach our students to develop strong character and to seek friends with strong character. We teach them that what's really important about them is not their looks, their clothing, their parents' income, their ethnicity, or their athletic ability. Rather, we teach them the importance of **honesty, integrity, kindness, compassion, respect, courtesy, humility, perseverance, and self control**. We teach them to look for friends with these qualities. I often tell the kids, "**Good CHARACTER is doing what's right even when nobody is watching**".

We provide positive role models for the children. Our instructors are well educated, caring, and fun to be with! Quite often your children will hear us telling them the same things you tell them at home: "listen to and respect your parents and teachers"; "look people in the eye when they are speaking to you"; "treat your friends with courtesy"; "treat others the way you want to be treated"; "say NO to drugs, alcohol, and tobacco".

Having other adults whom your child respects saying the same things you teach at home strongly re-enforces your values.

MIRACLE NUMBER 5 LASTING FRIENDSHIPS

Every child wants to be loved and accepted. One of the most important miracles that happens here at Family Martial Arts Center is the **Miracle of Lasting Friendship!** When your child steps on our mat rest assured he/she will be treated with **respect, courtesy, and kindness** by everyone in the school. Every child is welcome and accepted here. There are no losers, no unpopular kids, no cliques, no favorites, no "second-string", no sitting on the bench, and most of all - **no bullies!** We treat all of our students to treat everyone they meet with respect, regardless of the person's ability, appearance, or limitations.

Parents often tell me how impressed they are when our students cheer for each other during classes or competitions. They tell me that their children can't easily make friends at school but that they always make friends here! It's heartwarming to see kids who've never met before exchanging phone numbers, going to the movies together, and inviting each other to birthday parties. Our **teenage students** are outstanding role models for the younger children. These teenagers often volunteer their time to help with training and demonstrations. Many of them develop special friendships with the younger kids that grow outside of our school. I guarantee that when you come to Family Martial Arts Center, you will meet other parents who share your values and your child will meet other children who treat them like true friends.

MIRACLE NUMBER 7 SPORTSMANSHIP

We've all heard stories of out of control parents at children's sporting events. These out of control parents are ruining the fun for their children and setting a terrible example at the same time.

At Family Martial Arts Center, kids learn the importance of **sportsmanship** right from the start. They are taught to bow to their opponent, and shake hands and congratulate them at the end of the match regardless of the outcome. Parents are allowed to cheer and encourage their children but not allowed to argue with the referee's decision or otherwise interfere with the competition.

We travel to competitions all over Pennsylvania and even to national competitions. While I sometimes see kids from other schools throwing temper tantrums when they lose, our kids always treat their opponents with respect and honor. Parents from other schools in the state have told me many times how impressed they are with our students' **behavior, discipline, and sportsmanship.** The parents of our students also display exemplary conduct at all competitions. This attitude of mutual respect and sportsmanship sets a fantastic example for our children.

MIRACLE NUMBER 6 LEADERSHIP SKILLS

There is a leader in your child just waiting for the chance to grow. Karate training is well known to develop leadership skills. The **maturity, confidence, poise, discipline, and character** kids develop here in our program carry over to all other facets of their young lives. .

At higher belt levels the kids are given the opportunity to assist the adult instructors teaching the lower belt classes. This reinforces their self esteem and gives them a unique position in the school. I often hear comments from the kids school teachers about their uncommon poise and presentation skills. Our kids are also known for their compassion toward other students. I teach the kids that leaders must understand and show compassion toward those they are leading.

The **leadership skills** your child develops in our program will help them in sports, school, college, and eventually in their career. As I tell my students often, "I'm not interested in how high you can kick or how hard you can punch - I'm really interested in what type of parent, spouse, employee, or community member you are going to be when you grow up."

MIRACLE NUMBER 8 HARD WORK = SUCCESS

Even more so than organized sports or other children's activities, karate teaches us that a student who is willing to work very hard will attain their **Black Belt.** I tell the students there's no magic to getting a Black Belt. Talent, good looks, social status, nationality, and other factors that people are all too often judged on do not matter in our school. The only thing that really counts is how hard the student is willing to work.

When a child learns this lesson, it opens up a whole new world of opportunities to them! Instead of saying, "I can't do that" the student is taught to say "**I CAN do that!**" They learn not to let any weaknesses or lack of ability get in the way of achieving their goals. We give kids every opportunity to advance at their own level and to **succeed** here. One of my favorite quotes I teach the kids is from Thomas Edison - "**Genius is 1% inspiration and 99% perspiration.**"