



## Special Needs Karate Class



Focus Martial Arts is proud to work with not for profit and registered charities, delivering the many benefits of Martial Arts training to children through our programs delivered on-site to your childcare location! Focus Martial Arts is dedicated to providing children with special needs on-site programming which can be learned year round, all within a safe, bully-free and fun environment. Children with ADHD or ADD will be better able to focus for longer periods of time, decrease distraction, and improve upon fine motor skills. Children with disorders

ranging along the autism spectrum will be given the attention they need to help them improve self-esteem and self control, all the while making new friends!

In addition to the social and psychological benefits to Martial Arts training are the physical benefits. Firstly, students who participate with a physical activity find they have more energy than those who do not, which can be positively focused into other aspects of their lives; secondly, the physical improvements including improved muscle tone, cardiovascular, reflexes and immune system will make for a more fit, and all around healthier individual; thirdly, and most importantly, a regular fitness routine can lay the groundwork for setting good habits for later on in life.

As part of Focus Martial Arts' Special Needs Classes, children will have the opportunity to learn how and where to apply their knowledge gained

from their Martial Arts study in their daily lives. In addition to improving life skills, a portion of every class will be dedicated to teaching children about personal safety, bully prevention/avoidance and the "do's" and "don'ts" about dealing with strangers.

At Focus Martial Arts a style of karate called Chito-Ryu is taught, which is a discipline based upon building up from the basic fundamentals of karate training. As such, students will constantly be re-viewing past material, refining their skills and understanding of the art, while all the while building up to bigger challenges. As the student begins to show readiness, attention will gradually shift away into fun and exciting new territory.

For more information about our on-site or ongoing programs, or to find out how your children can benefit from a Focus Martial Arts Program, please contact us at the numbers listed below.

### Contact Us

**Mon-Fri (9am-5pm)**

(613) 867-1362

**Mon-Fri (5pm-10pm)  
Saturday (9am-5pm)**

(613) 292-7552

**E-mail:** [info@fmaottawa.com](mailto:info@fmaottawa.com)

**[www.fmaottawa.com](http://www.fmaottawa.com)**