

## Helping Kids Be Their Best!

This mission statement is the life breath of our childrens programs at One Martial Arts. We are a unique family oriented facility dedicated to the mental and physical enhancement of the human spirit. Our commitment is to help children and young adults be their best through the martial arts. Our specialized programs, ages 7 years and up, are dedicated to character development. We offer top quality instruction in success and life skills, such as:



### Focus

Self-Confidence  
Academic Excellence  
Respect for Self and Others  
Good Family Values  
Honesty & Integrity  
Teamwork  
Self-Discipline  
Goal Setting  
Self-Control  
Fitness

One Martial Arts offers a curriculum that is deeply rooted in tradition, balanced with progressive and innovative teaching methods and philosophies. Through positive reinforcement and validation we create a nurturing environment that helps your child be their best. Call now and schedule a FREE Introductory Private Lesson (\$45 Value) today!

For all information visit our website at:  
[www.onemartialarts.com](http://www.onemartialarts.com)

# Karate SPRING, SUMMER & WINTER Camp



FUN,  
Martial Arts,  
Fitness, Focus,  
Field Trips, Self-  
Defense, Swimming,  
Park & Recreation,  
Arts & Crafts and  
Lots of New Friends.



## Karate Birthday Parties

Also offering quality instruction in:

Little Ninjas (4-6 yrs)  
Adult Martial Arts  
Cardio Kickboxing  
Aikido & Tai Chi



# Kids Karate

"Helping Kids Be Their Best"



**One** MARTIAL ARTS

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San Francisco, CA 94116  
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## Helping Kids Be Their Best!



One Martial Arts offers a special environment that centers on teaching your child focus and concentration, two important qualities to achieving better grades. Studies show that children who study martial arts do better in school.

## Karate Is The Best Thing You Can Do For Your Child!

Through martial arts discipline and positive reinforcement your child will develop what we proudly call the Three S's; self-esteem, self-respect and self-confidence. Your child will develop an outgoing attitude and the ability to be his or her best.



## Parents Love Our Programs!

Your child will build character as we reinforce the values you teach at home like honesty and integrity. They will learn the benefits of self-control and respect in a positive and fun learning environment. We focus on developing your child's balance, coordination and motor skills. Our highly experienced instructors offer a sensitive approach to the issues facing children in today's society, teaching them safety and awareness. We give your child the special attention they deserve while making their learning experience fun and interesting! That's why we're parents #1 choice for kids!

## What Parents Are Saying

"I have seen improved confidence, focus and self-discipline in my two boys"  
- Sally Blumenfeld

"My son has undergone an amazing transformation. The instruction he has received has been nothing short of life altering".  
- Scott Moffat

"One Martial Arts has done wonders for our daughter's confidence. It is truly a wonderful place to learn and grow".  
- Roxanne Stuart

"My daughters, 5 & 8, have learned to respect their family, others and themselves".  
- Robin Hippler

"My son loves his karate class. It has had an extremely positive effect on his behavior. It's the one thing we can't miss every week".  
- Vincent de Ocampo

"Our three children have an enhanced sense of accomplishment, awareness, and self-worth".  
- Britt Doyle

"My son glows with pride. He has high morals and values. He learns to earn through lots of hard work and its fun. I can't imagine going anywhere else".  
- Becky Shiels



## Enroll Today!



Call Now, and give your child the life and success skills to be their best at One Martial Arts and you will receive these great enrollment rewards;

**FREE** Introductory Private Lesson (\$45 Value) with no obligations.

**FREE** Official One Martial Arts Karate Uniform (\$55 Value)

**FREE** DVD (\$24.95 Value) featuring the Beginner Martial Arts Curriculum .

**FREE** Start Up Binder (\$18 Value) featuring information to help your child get the most out of their program.

Professor Brannon Beliso is the head instructor at One Martial Arts. He is a 7th degree black belt with over 35 years of martial arts experience. Professor Beliso is dedicated to the character development of children and has been "Helping Kids Be Their Best" for over 25 years. His accredited programs have been featured on "Evening Magazine", "CBS Morning News" and "KRON 4 Health". He is a devoted father and uncle.



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