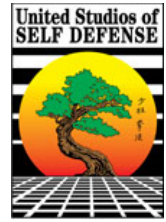




Boys Scouts Martial Arts Fitness Program **Sponsored by United Studios of Self Defense**



United Studios of Self Defense has created a special three month program for Boy Scouts with the hope of helping more Scouts attain the rank of Eagle Scout. As with the Boy Scouts of America, Martial Arts is a powerful vehicle through which young people develop physical fitness, leadership ability, and a multitude of life skills.

Program Details

Program duration: Three months (February 25th thru May 20th)

Class location: United Studios of Self Defense in Tierrasanta: 10601-L Tierrasanta Blvd, Tierrasanta , CA 92124 (in the Tierrasanta Town Center)

Class schedule: One 60-minute class each week, schedule to be announced

Program result: Each Scout will complete three merit badges: *Athletics*, *Sports*, and *Personal Fitness*. Each Scout will also end their three month program with a test for Yellow Belt in Shaolin Kempo.

Curriculum

Many of the requirements for the Athletics, Sports, and Personal Fitness badges are similar and can be covered simultaneously. Each 60-minute cardiovascular work-out with a focus on self defense skills will help Scouts build muscle, develop healthy habits, and maintain healthy weight. In addition to the physical benefits of Martial Arts training this three month program will cover various life skills which are essential elements of the Eagle Scout:

- ✓ Goal setting
- ✓ Project planning
- ✓ Leadership

How To Get Started

Call United Studios of Self Defense in Tierrasanta and ask for Instructor Juan Flores.

858-627-0885

www.Tierrasantakarate.com

