

We can help you instill the character, skills, fearless confidence and powerful self respect that your child needs to succeed.

Dear Parents,

I am MeLisa Strongheart, and I have been a professional instructor on Mercer Island for about 10 years now. In that capacity I have worked with some of our leaders of tomorrow, kids off to Stanford, MIT, and into careers that will make an impact in the world. Kids with a purpose, a plan, who have learned how to work to achieve it. Previously, I was a Counselor for runaway, street, gang, abused, and neglected kids. Kids who were pregnant, incarcerated, or otherwise defeated by this world.

You may be wondering how these are connected.

The main difference I have seen in the kids who “make it” and the kids who “flounder” are the character and skills that our program focuses on developing in youth. The things I have heard parents talk about time and time again. They want their kids to:

- Keep and develop their youthful/wonderful **energy and spirit**,
- Build **fearless self-confidence**, by setting and achieving goals
- Build a **positive self-image**,
- Develop not only the skills to keep safe physically, but perhaps more importantly, to keep themselves safe mentally.

I chose to become a professional martial artist because this training can build these skills, and attributes. There is no question; your child will come away even after the first lessons with more confidence and a greater sense

“From what I have observed over the years, I feel confident in saying that children greatly benefit by studying martial arts under these masters and instructors. Both martial arts and these schools reinforce the kind of values my husband and I work hard to instill in our son. I wholeheartedly recommend this winning combination”

-Jenny Andrews-Lawry, parent

“I know that I set a good example to anyone. Not only do I set a good precedent for the students but also my friends and family. I would like to become an instructor or master someday. I believe it has been a privilege to be taught by such great instructors and I hope someday a student will say that about me”.

-Garrett Davis, 15 year old black belt

“Since joining martial arts, myself my husband and our six year old daughter have enjoyed being a part of such a wonderful school. We have met so many new and wonderful people who each show support to other students. Our instructors have endless knowledge which they all bring out in us, not only at the Do Jang but it also continues in our family life.”

-Helen Sevick, Parent & Student

“I have learned to set a good example for others and for myself. To teach and help others learn good habits, to respect the people around me, to have good techniques, protect myself from harm, and have good yells, discipline, cooperation, and never give up”

-Frankie Velasco, 10 year old black belt student

of respect for themselves and others. I have seen it time and time again. You will be amazed as so many others have been as your child becomes a black belt. A Black Belt is a symbol. A symbol of Excellence: Excellence in martial arts, leadership, school. . . in LIFE. Our black belts are strong young men and women of character, and true substance. They know how to set and achieve big goals. And big goals equal big achievements.

That's the key!

True "self esteem" or self confidence - - the respect and belief in and of oneself comes through setting and achieving goals. We have intentionally designed this system around this aspect: **the step by step achievement of remarkable goals.** It isn't easy to become a black belt. But together, instructors, family, and student, work through the challenging times, the things that might seem overwhelming, and celebrate the triumphs. This is the kind of process that lays the foundation for on-going success . . . in all areas of life.

See for your self the powerful benefits promised in this letter. Register for one of our programs and receive:

- Free Private or semi Private Evaluation: with follow up conference to discuss your child's goals, and design a training plan with one of the master instructors. (\$150 dollars)
- Free Birthday Party (\$250 Value)
- Free Official Martial Arts Uniform (if your child earns it by following through with practicing respect at home): (\$50 value)

That's \$450 dollars saved by deciding to take your first free class this week! You have nothing to lose. Call me at 206-230-9050, or email at strongheart@mercerislandmartialarts.com

MeLisa Strongheart
M.A. Psychology
Trained Child and Family Counselor
5th Degree Master Instructor

www.MercerIslandMartialarts.com

"I just wanted to thank you for running such a wonderful program, especially for kids. My kids love the program and look forward to it every week. I love the fact that, in addition to teaching martial arts skills, you also teach great life skills (respect, cooperation, goal setting, courage, gratitude, positive attitude, knowledge, and focus) that have shown immediate results at home. Great work!"
-Rob Woolston, Parent

"I came to see how this program would work out for a child with special needs. I didn't know if my son would make it, physically or socially in martial arts. I was afraid that he wouldn't. He has washed out of so many things. The deficit in my child is neurological. This has helped him to build new neural pathways. It is fun and cool so he puts his heart and soul into it, and in return martial arts has built skills that have changed his abilities regarding finding his body in space, and he has gained independence. For a special needs kid that's a miracle. The instructors here are phenomenal, they really know kids, or maybe they haven't forgotten what it is to be a kid. This has turned out to be the best thing I could have ever done with him. His success here has changed his life."
-Sharon Hancoff, Parent

"I feel really happy and confident because I accomplished my goal of making it to Black Belt. . I have developed self control and better focus with my school work. My instructors teach me new things every day and they are really nice. Now that I am a Black Belt I am working on becoming a better leader."
-McKenna Tracy 11year old black belt student

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