



UMAC

UNITED MARTIAL ARTS CENTERS

Respect, Discipline, Confidence in a "FEEL GOOD" Environment

What YOU Need To Know About UMAC's Transported After-School Martial Arts Program



SPECIAL REPORT

www.umacafterschool.com

This free resource has helped hundreds of people JUST LIKE YOU feel at ease knowing that their children are safe with positive people that care.

1 Safety

In our Transported After-school Program, SAFETY is our number one concern and is stressed in everything we do. Our UMAC Certified Instructors are trained specifically on how to keep all the techniques, from the warm ups to the class drills, both safe and fun. Some of you may think of, "Martial Arts" as a dangerous fighting system. A lot of people believe this to be true and it could not be any further from the truth. The physical aspect of Martial Arts is based on traditional self-defense movements, however it is much more than that. We use the physical training as a way to instill the UMAC values that are filtered through every class we teach. It's funny because we very RARELY have an injury in class. In fact, many students will come to train with injuries from basketball, soccer and other traditional team sports. It actually seems that UMAC is the safest place to go!

2 We Focus On Fitness and Health

One of the BIGGEST differences between a GREAT Martial Arts Program and an inferior one is the CONSISTENT focus on fitness and health in the classes. We're not just talking about jumping jacks, pushups and other calisthenics. We're talking about kids being healthy and fit while they're learning techniques that are super fun.

This happens in our After-School Program daily because students will be working daily with the instructors as well as other students on Martial Arts drills, stretching and techniques. While doing so, the students are regularly using new muscle groups that just aren't used in "typical" daily life or even in PE at school.



3 We “Get” Children

Please be sure that whichever After-School Program you choose, they understand children and how to work with them! The reality is, many programs enroll children, but employ staff that aren’t well trained and don’t really understand how to work with them. At our UMAC locations, you will never find our instructors yelling, losing of patience or getting angry. You’ll witness experienced, solid leadership, and a structured environment, which is exactly what children need. We’ve been teaching children for a long time, and we’re really good at helping children develop the DESIRE to succeed, not just PUSHING them to!

4 We Teach Respect and Discipline

Because we’re a Martial Arts school, respect and discipline are in our DNA! We have an environment of respect and discipline throughout our school, and it benefits children immensely, because it helps them demonstrate more self-control and respect outside of our school.

UMAC is a traditional Martial Arts school that teaches self-defense, NOT a Self-Defense school that just teaches how to fight. We believe that Respect and Discipline are the foundation of any Martial Art and we integrate those values in everything we do. That is why our tagline is “Respect, Discipline & Confidence in a “Feel Good” Environment”.

5 Structured Curriculum

Could you imagine what it would be like if school teachers just showed up to class and taught whatever they wanted – no syllabus, no [structured] curriculum – just flying by the seat of their pants? Well, it would certainly be fun for the teacher (and the students) for a while, but eventually, the teacher would be wondering what to do next while the students were lost in the shuffle. You must be sure that the program you choose doesn’t just teach by the “Seat of Their Pants”.

At our Martial Arts school, our curriculum isn’t just structured, it’s flexible as well. Flexible enough to be individualized for all of our students, so individuals with different goals can approach the same technique or challenge with varying levels of intensity and purpose). It’s actually all of our staff’s responsibilities to create new lesson plans each day and note what the individual students need. With our many years of training and teaching knowledge, we all work together to ensure that everyone is learning, happy and making progress towards their Martial Arts goals!



BONUS: We Have State of the Art Facilities

It is super important that a good After-School Program be housed in a great facility, for safety, comfort, and proper training. There should be clean, proper mats on the floor, all equipment should be in good working order, and the facility should evoke cleanliness. No one would want to take class in a school that's dirty, unkempt, or just plain run-down.

Our facilities aren't just clean and cleaned regularly; they're modern, bright and very well designed. Our goals are: to make you FEEL comfortable about sending your children to our UMAC, and that we provide a clean, safe environment in which your children will train.

Oh, and It's Crazy Fun!

After school for children HAS to be FUN! We've been teaching Martial Arts to children at our school for a very long time, and we figured out a LONG time ago, that if our students were going to get good at Martial Arts, they have to come to class REGULARLY. If the classes were boring and terrible, they weren't going to come at all! So we worked hard and diligently to find a way to keep kids FOCUSED while having FUN, and to be honest, we are AWESOME at it! We believe that if it isn't fun for the Instructors, it definitely won't be fun for the students. In other words, we plan our classes to have the FUN and FOCUS elements in every class. They love it, and you'll love it, too! They love it, and you'll love it, too!

If you need more information or you'd like to schedule a school tour at one of our centers, check your email and click one of the links. We'll be more than happy to answer your questions, and get everything set up for you.

We'll see you soon!

WWW.UMACAFTERSCHOOL.COM

ARDSLEY • BRIARCLIFF

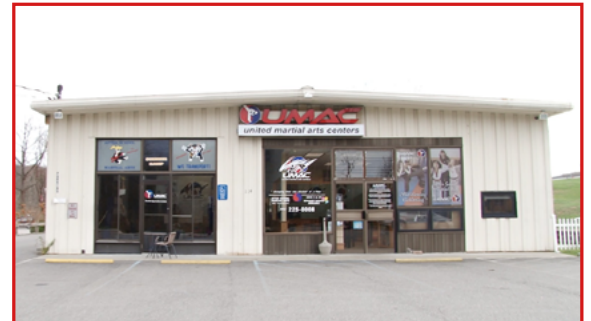
CARMEL • FISHKILL



ARDSLEY



BRIARCLIFF



CARMEL



FISHKILL