

# KARATE FOR KIDS

This program is designed for children the ages of 8-13. The *Karate for Kids*® system is based on lifetime of values while they learn the basics of traditional Taekwondo.

*Why ATA Martial Arts® for your child?* Instructors at the *ATA Martial Arts* feel strongly about the complete personal development of each student. Strong character, good values and leadership are modeled to the all our students.

Our life skills are the heartbeat of our program. When students do their best in our program and show their parents proper behaviors and actions at home and school, we reward that positive behaviors.

Students can earn stars for doing their chores at home as well as for showing proper respect to siblings and parents. These stars are then accumulated. Victory patches will then be earned based upon the number stars attained.

## EXPERIENCE... THE DIFFERENCE

# ATA HISTORY

American Taekwondo Association (ATA) was established in 1969 in Omaha, Nebraska by Eternal Grand Master H.U. Lee. ATA family includes over one million students across the world which have experienced the benefits ATA has to offer.

Since the first class was taught, the focus of our program has remained the same. To provide students the highest quality martial arts instruction available in a safe and positive learning environment people of all ages can benefit and enjoy. Our comprehensive martial arts curriculum with the state-of-the-art training facilities has helped established ATA to the largest martial arts program in the world.

Visit us today - [www.ataonline.com](http://www.ataonline.com)

## LOCAL SCHOOLS

Fargo - 701.237.6800

Minot - 701.852.6737

Bismarck - 701.224.1663

Devils Lake - 701.662.1027

Grand Forks - 701.738.3270

**SERVING NORTH DAKOTA  
SINCE 1983**



***Kids • Teens • Adults***

***Teaching Values that  
Last a Lifetime!***

- ***Confidence***
- ***Respect***
- ***Discipline***
- ***Focus***
- ***Self Defense***
- ***Bullying Prevention***



701-224-1663  
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# TINY TIGERS

For the younger students, ATA offers separate classes for *Tiny Tigers* program, ages 4-7. Students will build a foundation of values that will last a lifetime.

They will improve their motor skills as they enhance their ability to pay attention and follow directions.

This program works in conjunction with the *Karate for Kids* thereby emphasizing the same important monthly themes and value system. These students will also earn stars and patches similar to those earned in the *Karate for Kids* program. Our bi-monthly life skill themes is the foundation of our programs. This same foundation will become part of your child's lives.

- ★ Goal Setting
- ★ Self-Discipline
- ★ Respect
- ★ Integrity
- ★ Confidence
- ★ Positive Attitude
- ★ Persistence
- ★ Focus

The rank and testing system used by the *Tiny Tigers* is slightly different than that of the *Karate for Kids*. *Tiny Tigers* can earn collectible animal patches which are sewn on their belts to show progress between belt changes.

# ADULTS

This program is for ages 14 years and up. You are never too old to start!

Our instructors will be there every step of the way. All that is expected of you is a willingness to try.

Benefits you can expect from training with *ATA Martial Arts* Adult Program:

- ★ Fitness
- ★ Goal Setting
- ★ Self-Defense
- ★ Self-Confidence
- ★ Friendships

## OUR MISSION

Our goal is to inspire each and every member to achieve Black Belt Excellence one Black Belt at a time by providing:

- ★ A state-of-the-art training facility
- ★ A comprehensive martial arts curriculum
- ★ Highly skilled and motivated instructors

# INTRODUCTORY SPECIAL

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*New Members Only*

Includes:

- ★ Enrollment Fee
- ★ 1st Month's Lessons
- ★ Taekwondo Uniform
- ★ Annual ATA Membership
- ★ Junior/Adults ATA DVD

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*Call now for your  
FREE membership trial!*

NEW MEMBER CLASSES

*Ages 4-8:*

Mondays and Thursdays • 6:30-7:00pm

*Ages 9 and up:*

Mondays and Thursdays • 7:00-7:45pm

**701.224.1663**

801 West Interstate Ave., Bismarck, ND  
(one block east of TJ Max)