

# Martial Arts

Discovery Martial Arts is a professional program led by Kyoshi Karin Ferber Hillman, a fifth-degree black belt who has over 28 years of experience in the study of martial arts.

Our classes are led in a joyful and safe environment based on focus, respect, balance, fitness, coordination, and strong self-esteem. They also incorporate fun games, obstacle courses, drills, tumbling, the use of pads, and many other elements that serve to enrich the experience of our students.

We believe that the study of martial arts is influential in the daily lives of our students. Here, they learn how to stand up for themselves, work together as a team, defend themselves, practice self-awareness, and make smart choices and decisions. We also teach them to respect their family and to practice gratitude for what they have. Our goal is to build strong character in each student, help them become confident, always do the best they can, and never give up!

## **Attire**

If you have a gi from a previous semester, please wear it to your first martial arts class. Otherwise, arrive in comfortable clothing that is easy to move around in. Classes are shoe and sock free. The price of a gi is \$50, paid by cash or check to Karin Hillman on the first day of class.

## **What to Bring**

Water bottle labeled with your child's name

## **Advancement**

Students will advance to the next belt level once or twice per school year. These advancements will take place either during class or on another day. In order for a student to advance, the family must fill out an application form and pay *additional fees (varying by belt color)*.

To discuss any problems or concerns you may email us at [discoveryprograms251@gmail.com](mailto:discoveryprograms251@gmail.com) or call us during regular business hours at 212-749-8717.