

MARTIAL ARTS THERAPY PARA-KARATE/ADAPTED MARTIAL ARTS

MISSION: *Train individuals/families in safety, wellness, and personal development to maximize human potential in an inclusive environment.*

Martial Arts Therapy is a unique therapy modality that uses martial arts to complement physical, occupational, speech, and behavioral therapies that an individual is presently receiving. This unique method is a recreational method that reinforces current therapies while providing life coaching in an inclusive environment.

BENEFITS

- Brain-based methods of physical, mental, and emotional improvement
- Teach health and safety to a challenged population
- Implements realistic methods of safety and self-protection
- Develops agility, coordination, balance, strength, flexibility, and nutritional habits
- Improves behavior, confidence, and self-esteem
- Physical, emotional, and mental self-control
- Inclusive family environment – We LOVE families!
- Provide values-based mentoring and life coaching
- Teaches goal-setting and planning skills
- Improves overall health and immune function
- Integrate social and life skills into training
- Aids in physical fitness and weight loss
- Great for children and adults with:
 - Developmental disorders
 - Physical disorders
 - Physical disabilities
 - At-risk environments

TRAINING/CLASSES

- Traditional Japanese/Okinawan Karate
- Classical Okinawan Weaponry/Tools
- Historical Samurai Martial Arts
- Submission Wrestling
- Self-Defense

(210)899-3736

www.EliteEdgeTrainingSystems.com

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EliteEdgeTraining@gmail.com