

Dear Students / Parents

Welcome to our dojang. I would like to take this opportunity to congratulate you for making the decision to enroll either yourself or a loved one in our Martial Arts Program. The benefits of a well-rounded curriculum are substantial to say the least. Grandmaster Baird brings over 50 years of experience in the martial Arts and 42 plus years of teaching men, women and children in the greater Tampa Bay area. In addition, our Master Instructors themselves, Master John Batey, Master Amanda Baird and Master Rick Smith all bring a wealth of knowledge that is unsurpassed. We also are very fortunate to have some very qualified assistant instructors who bring their experience to the table each and every week. Many times potential adult students will come in and imply that they would like to get into shape and also pick up some self defense techniques. Our program is designed to go well beyond that.

A dedicated adult member will find that he/she will not only get into shape but also flexibility will increase immensely. Yes, it's sad but true, that as we age we also lose mobility, some degree of muscle tone and flexibility. He/she will also denote an improvement of muscle tone and endurance due to the cardio aspect of our program. This also helps to manage weight control, which may also be a concern. Self Defense techniques are taught on a regular basis. A member will notice their self confidence improving as well as self control. However, regular attendance is crucial. In today's stress filled occupations, being able to come in and train in a safe - stress free, family environment is a very positive benefit, indeed.

Another true fact is that too many people today worry about failure. They doubt their own strengths, feel insecure, unfocused, are overly critical of themselves, and often don't believe that they can achieve the best in life if they put themselves to the task. What a shame, a well-rounded Martial Arts Program can do wonders to help someone overcome these in adversities. Plus, without a doubt our program is designed to make members feel at home and train in a safe and fun family-based environment, while making new friends along the way.

Webster's Dictionary defines Self Esteem as a confidence and satisfaction in oneself. Self Esteem effects everything we do in our lives and promotes a healthy "Yes I Can Attitude". People who feel good about themselves produce positive results.

Just a reminder to a parent/s just signing their child up for our program. You have taken a very valuable step. Helping your child grow up with strong character and self-esteem is arguably one of the most important task of parenthood. The child with good self -esteem has the best chance of becoming a successful and happy adult. Self Esteem is the armor that helps protect kids against the demons of life: alcohol, gangs, drugs, and destructive behavior.

The Martial Arts instructor and the parent/s work together as role models to help instill and nurture this sense of self esteem within the child. Many times this is an ongoing program focusing on learning Respect, Communication and Attention, Discipline, Responsibilities, recognition and Praise, and Success.

As parents you want the best for you children. Training in the Martial Arts is a structured, time proven way of learning how to focus on goals, the methods needed to achieve them, the patience of learning skills one step at a time, and the positive reinforcements children need. When a child can take pride in his/her actions and what he/she can accomplish, the child gains a sense of direction and purpose, increased confidence, and improved feelings of self – esteem.

Once again, congratulations on making this very important decision of enrolling yourself or a loved one in our Martial Arts Program.

*Grandmaster Benjamin Michael Baird*