

REGISTER TODAY!



Registration Information:

- ▶ Total 10 sessions
- ▶ Course fee \$80

2011 Fall Term

Schedule: August 10th – Oct. 12th

Date & Time:

Wednesday morning
Class 1 – 10 to 11 AM

Venue: RCD, 100-5671 No. 3
Road, Richmond, BC

For registration and more info
Call Rich or Cecile at 604-232-2404
or email: cecile@rcdrichmond.org

Richmond Centre for Disability
100-5671 No. 3 Road
Richmond, BC V6X 2C7
Tel: 604-232-2404
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RICHMOND CENTRE FOR DISABILITY

In partnership with

Sirota's Alchymy
Martial Arts Centre

proudly presents

Martial Arts & Self-Defense Classes

Combined Class 10 a.m. to 11 a.m.

FOR PEOPLE WITH COGNITIVE & DEVELOPMENTAL DISABILITIES

The Martial Arts & Self-Defense Course will address the following:

- ✓ Improved motor skills, dexterity and coordination
- ✓ Improved focus, attention-span, and concentration
- ✓ An enhancement of social skills
- ✓ Greater listening skills
- ✓ Increase in self-confidence & self-esteem
- ✓ Physical and emotional self-control
- ✓ Positive channel to release abundance of energy
- ✓ Becoming respectful and self-disciplined
- ✓ Personal satisfaction and growth

**Combined with
FOR PEOPLE WITH MOBILITY
DISABILITIES**

We are fully committed to continuing to pioneer programs for all RCD members.

Mission of RCD:

To empower people with disabilities to participate in the community to the level of their desires and abilities by providing information, resource, support and by increasing community awareness and accessibility.

People with disabilities are empowered to live a fuller and quality life when support and assistance are readily available and easily accessible, in the appropriate format and channel.

About Sirota's Alchemy – Martial Arts Centre:

Master Michael Sirota and Sirota's Alchemy is affiliated and certified by several martial arts organizations promoting programs for people with special needs and disabilities, including the International Martial Arts Federation for the Deaf , the International Disabled Self-Defense Association and the World Taekwondo Federation for the Disabled.