



A Special Fundraising Program

WHERE KIDS LEARN...



**AWARENESS  
AVOIDANCE, AND  
ASSERTIVENESS**



All proceeds raised go directly to

## Your School Name Here

Since 1978, Kovar's Satori Academy of Martial Arts has worked closely with educators and organizations in the community. This five-week course focuses on character development, child safety and basic self defense. Sessions are held at Kovar's Satori Academy of Martial Arts. Twice each week, students learn a variety of skills including goal setting and perseverance that will develop their confidence and bring out their very best at home, at school and in all areas of their lives.

The five week course includes a uniform and is only **\$49.00**  
*(a \$199 Value)*  
*Please make checks payable to the organization named above.*

### Parent Comments

The only call I've received from the principal came a few months ago after my son, who is a Kovar's brown belt, was punched by a classmate (unprovoked). The principal commended the way he used his words and didn't physically retaliate (though he was prepared to defend himself). I told the principal that I credit Kovar's with teaching him how to diffuse a tense situation, and (most importantly) how to exhibit self-control. Suzanne S. – Granite Bay

I was amazed at the enthusiasm and teaching skills of your staff. The kids had a great time learning valuable safety skills. Ken C. – Elk Grove

Disclaimer: This is not a program of "Your Organization's Name."  
"Your Organization's Name" accepts no liability or responsibility for this program.



**KOVAR'S**  
SATORI ACADEMY  
MARTIAL ARTS & FITNESS

We teach confidence & self defense so kids are less likely to become a target of bullying.

**We're Done with Bullying. Are you?**



www.Kovars.com • 1-800-645-3676 • www.Facebook.com/Kovars.Satori



# WHERE KIDS LEARN... **AWARENESS, AVOIDANCE, AND ASSERTIVENESS**

**A great way to raise funds for your organization and help your child on their path to success.**

Kyoshi Dave Kovar founded Martial Artists Against Bullying (MAAB) because no other industry is in a better position to do something about bullying than the martial arts industry. Research shows that bullying peaks in the 5th, 6th and 7th grades. Our goal is to minimize the effects of predatory behavior in lower elementary and middle school-aged children, through role playing, small group discussions, and empathy training. Together we can help children of all ages overcome the negative impact of bullying.



*Kyoshi  
Dave Kovar*

## HERE ARE SOME OF THE TOPICS WE COVER:

- How to develop and maintain a “whatever it takes” attitude
- Why it’s important to take responsibility for your actions
- How and why to develop self control
- How to avoid potentially dangerous situations
- Who to ask for help – teachers, parents, friends
- What to do if you get lost & introductory self defense

## LOCATIONS and TIMES:

For class times and to reserve your space, please call the Kovar’s Satori Academy nearest to you.

Location	Address	Phone
Cameron Park	3008 Green Valley Rd.	(530) 672-1958
Carmichael/Sacramento	7520 Fair Oaks Blvd.	481-4830
Elk Grove/Laguna	9168 Franklin Blvd.	684-3283
Elk Grove/Waterman	9320 Elk Grove Blvd.	714-3390
Fair Oaks/Orangevale	8526 Madison Ave.	965-1561
Granite Bay	6889 Douglas Blvd.	791-7650
Natomas/Truxel	2063 Arena Blvd.	419-9878
Roseville	300 N. Sunrise Ave.	789-1133
Sacramento/Pocket	6429 Riverside Blvd.	391-0500

## OUR CLASSES ARE FUN AND AMAZING THINGS CAN HAPPEN IN JUST FIVE WEEKS.

Instruction provided by Kovar’s Satori Academy with all proceeds going to the organization on the front of this flier. For more information about our programs visit [www.Kovars.com](http://www.Kovars.com).

## ALL PROCEEDS OF THIS FUNDRAISER GO TO SUPPORT YOUR ORGANIZATION:

Please make checks payable to the organization listed on the front of this flier.

