

***Integrating Fundamental Martial Arts Concepts  
and Life Lessons into a PE Curriculum  
by Gary Martin***

2006 World Taekwondo Championship competitor and master martial arts instructor, Gary Martin, will teach you easy cognitive and tactical skills that will have your classroom sweatin' and smilin'. Master Martin's program will teach children to be a S.T.A.R. (Self-confident, Totally focused, Academic achiever, and Respectful) at home, school and in life. Gary will show you simple and exciting interactive drills that combine the physical skills of martial arts with a visual life skill representation: you'll learn how to BLOCK out negative thoughts, KICK bad habits and BREAK thru obstacles that keep you from being a goal-getter. Through repetition of the physical skills, students will improve their balance, judgment of distance, and reaction timing. This is a unique presentation you won't want to miss!

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