



Introducing "Hebrew Martial Arts" At Schwartz Torah Academy!



Dear Middle School Parents,

We are excited to announce a New Hebrew Martial Arts program at S.T.A. for Middle School! We would also like to introduce our **Martial Arts Instructor, Gil Woodbridge**. Mr. Woodbridge was born in Jerusalem and comes to us with impressive credentials including a Black Belt in Karate and is certified internationally.

The Middle School students will be taught how to develop positive character traits such as perseverance, goal-setting, honor and discipline. They will find that our martial arts program is high energy, exciting, and motivating. Students will enjoy the workout as well as the life long friendships that are built exercising and training with people who have similar outstanding goals.

GIL WOODBRIDGE IS FLUENT IN HEBREW AND ENGLISH AND WILL INCORPORATE CONVERSATIONAL HEBREW AND HEBREW SLANG WITH HIS STUDENTS DURING CLASS-THAT'S WHY IT IS CALLED "HEBREW MARTIAL ARTS!"

Mr. Woodbridge's experience includes many years of instructing children and it shows! He has a special connection and rapport with children and has the ability to get them excited and motivated while having great fun! His experience includes Karate/Krav Maga and Swimming instruction for children and teenagers, (ages 6 – 20) in various community centers in Israel before serving in the Military.

Mr. Woodbridge served in several combat and training units as a Professional Officer in the Armored Corps of the IDF. He also served as a Security guard at the Ministry of Environment and was the Supervising Security Officer at Hadassah Medical Center in Jerusalem. As a result of his Military Service, he will be able to explain to the children how Karate helped him in these endeavors.

Mr. Woodbridge's holds the following Certifications: *Certified Personal Trainer; CPR Certified; Certified Swimming Instructor, Certified Swedish and Thai Masseur and Certified Karate Instructor.*

We look forward to witnessing the students' progress, achievements and most of all, their enjoyment with this beneficial new program!

Sincerely,

Rabyn A. Mandor, Headmaster

Janet Grabowski, Director of Operations

Please see some additional benefits of practicing Martial Arts on page 2.

Benefits of practicing Martial Arts

Karate is a very specific style and form of martial art. Its widespread popularity has also increased the renown of all martial arts, helping them gain respect and visibility. Were it not for karate, many martial arts would not be where they are today.

Karate DISCIPLINE HONESTY INTEGRITY

Practicing martial arts, particularly karate, helps teach self-defense. Learning self-defense can help increase confidence, as will mastering the many skills of karate. The lesson of karate will affect the student's relationships with others in a **positive way**. **Karate helps students develop respect for teachers, parents, peers, and most importantly, themselves.** Karate also enhances physical fitness and will increase flexibility.



Children who practice Martial Arts are more successful in school. They develop leadership skills and are more responsible and respectful. Those who practice karate experience positive goal-setting and achievement. And karate helps improve concentration, dexterity, and coordination.

Health Benefits

KARATE FOCUSES ON MENTAL, EMOTIONAL, AND SPIRITUAL HEALTH BY FINDING BALANCE AND STRENGTH WITHIN.



Many think of karate as just a way to learn self-defense techniques. **Karate is very beneficial to health, both physical and mental.**

Improved Physical Health: Karate is a physical exercise that will improve cardiovascular and musculoskeletal health. By practicing karate regularly, student's exercise their heart, muscles, and bones for a stronger body. Karate will help build muscle, stamina, and strength. Regular exercise has long-lasting positive effects on overall physical health.

Improved Mental Health: Karate is not just a physical exercise, but also a way to improve mental health. Karate has a strong focus on finding balance and discipline within one's self. By following and practicing karate, students can find a deeper center within, pushing out negative energy. Karate values a healthy mind-body relationship by encouraging a strong connected balance between thought and action and striving for a deeper spiritual core.

Karate Belt System

The karate belt grading system is a unique way to identify skill level among karateka. As karate students move up through the levels of karate by taking examinations, they move forward in ranks, or *Kyu*, which are designated by various colors. The color order for karate belts is white, yellow, orange, green, blue, brown black.

