



# INTERTRIBAL EDUCATION FOUNDATION (IEF)

## PEACEFUL WARRIOR™ MARTIAL ARTS PROGRAM

### ***Peaceful Warrior™ Martial Arts Program***

The study of martial arts is a fun way for children to achieve fitness, focus, and internal motivation. In addition, the martial arts teach self-discipline and socialization skills. These skills carry over into school, helping improve behavior and often grades.

IEF offers after-school programs throughout the academic school year. All K-12 schools within Maricopa County that service Native youth are eligible for program services.

IEF's Karate programs offers the same instruction received at premier Karate studios across the valley but without the added burden of traveling, equipment costs, and high tuition fees for parents.

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*"It is better to have less thunder  
in the mouth and more lightning in hand."*

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