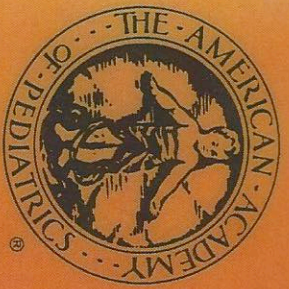


HEALTHY



RISES

FEBRUARY/MARCH 1996

IS TV Really Good for

Moving With Martial Arts

Kids of all ages can develop self-discipline and improve concentration, self-esteem, and physical fitness with martial arts, such as karate, tae kwon do, and judo.

When choosing a class for your child, follow these tips from John P. Mirrione, a certified karate instructor at the Reebok Sports Club/NY.

- ★ Check with your local recreation department, YMCA, or martial arts school for information on classes.
- ★ Observe a class to see if the kids involved are enjoying themselves and like the instructor.
- ★ Talk to the parents of children in the class to find out whether they're happy with the class and its instructor.
- ★ Make sure the instructor is certified; check references, the Better Business Bureau, and other certifying bodies. Also make sure he is trained in first aid and CPR.
- ★ Check that floors are covered with padded mats and that a full line of protective gear is available.
- ★ Let your child change his mind about taking the class.

-Amy L. Bratt



CHILDREN