



## **Additional Services offered by Legacy American Martial Arts**

[www.legacyama.net](http://www.legacyama.net)

**651-343-2320**

### **Safety N.E.T Kids Seminar**

"No Abductions, No Abuse, No Easy Targets!" is our motto in this 60 to 90-minute seminar designed to teach elementary age children to be confident rather than fearful in the face of a potentially dangerous situation. We teach children about the right to say "NO!" and how to respond to strangers both at home and out on the go. Legacy AMA will come to your child's school, church group, or boy or girl scout troop for a fun experience that will teach your child lessons to last a lifetime. Recommended for ages 5-11.



### **Anti-Bully Training**

Statistics show that 77% of elementary age children will be bullied at some point by their peers. Created by the makers of Safety N.E.T. Kids, our anti-bully training seminar is designed to teach how to prevent bullying from happening in the first place, as well as the steps to take to stop it once it does happen. Recommended for elementary and middle school age children.

### **Women's Self Defense Seminar**

Learn the necessary steps to prevent yourself from being a victim. Our staff will show you what you can do to minimize your chances of being attacked in the first place and how to defend yourself against some of the most common attacks. Legacy AMA will come to you, or you can bring the group to us. Recommended for ages 14 and up. Don't miss an educational, yet empowering day with your closest friends.

### **Personal Training**

Master Jena Bushey, personal trainer, corrective exercise specialist, senior fitness specialist, women's fitness specialist (NASM) and weight management consultant (ACE) offers personal training sessions and weight management counseling sessions for 1 or 2 at a time. She wants to help you find your new and healthier you, so contact her to start your new beginning.



### **Corporate and Group Seminars**

Our instructors can come to your place of business or host corporate seminars for you and your staff. Tai Chi offers a method of stress relief for those who work in a high-stress environment. Our self-defense seminars offer workers ways to keep themselves safe at the workplace and in their personal lives. Talk to one of our staff to see how we can help your work team or social group take their lives to the next level.