



**Union County Department of Community Renewal
Recreation Programs for People with Disabilities
And
Autism Family Tours with Brianna, Inc.**

**Back by popular demand – KARATE !!
For children with Autism
(shadows welcome to participate free of charge)**

Where: Clark Recreation Center
430 Westfield Avenue
Clark, NJ 07066

Dates: Tuesdays, August 10, 17, 24, 31 September 7 & 14, 2010
7:00pm – 7:45pm

Cost: \$12.00 for all sessions

Head Instructor: Keith Ford- Over 14 year experience in Cuong Nhu Oriental Martial Arts. Head instructor of the Clark Recreational Center Karate program. Established the Kid Safe karate program and curriculum at East Brunswick YMCA. Certified in CPR and First Aid.

Objective: This program is based on self improvement and developed to assist those with various Developmental Disabilities to become more active and raise their self defense awareness. Improves motor skills, increases self confidence and provides basic self defense concepts.

Sessions: Each 45 minute session will consist of a warm up that incorporates stretching, strengthening and physical coordination. The average lesson will involve repetition of individual traditional martial art techniques that combine forming a self defense combination.

Registration: Please mail attached registration form along with payment made payable to
“County of Union”

Mail to:

Union County Department of Park and Community Renewal
Administration Building
Elizabeth, NJ 07207-2204

Attn: Margaret Heisey, Program Coordinator