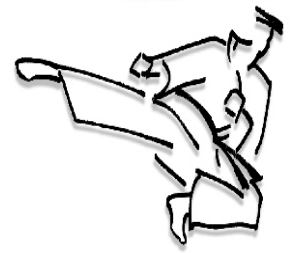




Karate Do, LLC

STAR Program



Karate Do, LLC is proud to offer one of the most exciting and innovative children's personal responsibility education programs:

S.T.A.R. (**S**uccess **T**hrough **A**ccepting **R**esponsibility or **S**top **T**hink **A**ct **R**eview)

The **S.T.A.R.** Program was developed by the Jefferson Center for Character Education, located in Pasadena, California. The **S.T.A.R.** Curriculum is currently used by over 5,000 schools and 50,000 classrooms across the country; it has reached nearly 2 million students. We are proud to be offering the Jefferson Center **STAR in the Martial Arts Sports Program**, developed specifically to teach personal responsibility and character development as part of our martial arts program.

The Jefferson Center for Character Education was founded in 1963 to address the need to teach character education in both public and private schools. Programs focus on the systematic teaching of common values that cut across ethnic, cultural, and religious lines. These values include: honesty, respect, responsibility, integrity, courage, tolerance, justice, self-confidence and politeness.

At our school our mission is to instill students with *these very same values* through the study of martial arts. Monthly STAR Projects focus on topics such as self-confidence, courage, discipline, modesty, and other martial arts core values. Note: Projects are voluntary.

Martial Arts utilizes our **S.T.A.R.** program structure to teach students to:

- Use the Stop, Think, Act & Review decision making model to solve problems and resolve conflicts
- Accept the consequences of one's actions
- Develop and improve self-confidence, self-esteem and positive attitudes
- Set and achieve realistic goals
- Act responsibly

