

CHAMPIONS IN MOTION IN PARTNERSHIP WITH ABC OF NC



# ADAPTIVE MARTIAL ARTS

HELPING INDIVIDUALS WITH AUTISM GAIN SELF-CONFIDENCE  
AND INCREASE CONCENTRATION



**MONDAYS BEGINNING AUGUST 21, 2017**

**LOCATION: ABC OF NC  
905 FRIEDBERG CHURCH ROAD  
WINSTON-SALEM, NC 27127**

**CLASSES ARE OFFERED TO MEMBERS  
OF THE COMMUNITY WITH AUTISM  
SPECTRUM DISORDER (ASD) AND THEIR  
NEUROTYPICAL (NT) SIBLINGS\*.**

## **INSTRUCTORS:**



**Cindy Andree Bowen:** 1st-degree black belt in Tae Kwon Do and Board Certified Behavior Analyst.



**Allison Hall:** 1st-degree black belt in Tae Kwon Do and Registered Behavior Technician.

## **REGISTRATION:**

- [abcofnc.org/services/adaptive-martial-arts/](http://abcofnc.org/services/adaptive-martial-arts/)

## **CHAMPIONS IN MOTION:**

- [championsinmotion.org](http://championsinmotion.org)

## **LITTLE CHAMPIONS**

**AGES 4 - 8 GROUP INSTRUCTION  
5:00 - 5:30 PM**

This class is appropriate for children with ASD who have some imitation skills, interest in same aged peers, the ability to follow routines and simple instructions, and minimal to no aggressive/self-injurious behaviors. \*Four (4) slots are available for NT siblings.

## **BIG CHAMPIONS**

**AGES 9 - 18 GROUP INSTRUCTION  
5:30 - 6:00 PM**

This class is appropriate for children with ASD who have some imitation skills, interest in same aged peers, the ability to follow routines and simple instructions and minimal to no aggressive/self-injurious behaviors. \*Four (4) slots are available for NT siblings.

## **MIGHTY CHAMPIONS**

**AGES 4 - 18 INDIVIDUALIZED INSTRUCTION  
6:15 - 6:45 PM**

This class is appropriate for children with ASD who may have difficulty participating in the above groups due to more significant communication and/or social challenges. Children should have the ability to follow simple instructions and minimal to no aggressive/self-injurious behaviors.