

EXPERT CONTRIBUTOR



Photos courtesy of AQMAI

Families of all ages and abilities train together and learn from each other at Anthony Quatrochi's Martial Arts Institute.

# Seeing May Be Believing, But Doing is Proof

By Anthony Quatrochi, *Anthony Quatrochi's Martial Arts Institute*



**W**e're trying something new at the dojo this month, and we're quite excited about it.

We usually hold a self-defense seminar for women and teens once a month; for March, we decided to make it a family affair and give everyone a chance to get in on the fun!

Some parents drop their kids off to class and cannot stay to watch the process of their child's skill development. Often viewing a test is their first real opportunity to see just what their child can do to protect themselves. Reactions vary a lot—from stunned amazement to tearful pride to giant smiles—with possible stops at all three.

## KEEPING THEMSELVES SAFE

Parents who get the opportunity to watch classes in person and see the attention and effort their kids exert in learning defense skills on a weekly basis are no less amazed, proud, or happy—they're just more aware of what their children are capable of doing to keep themselves safe. It's reassuring; it's encouraging; it's necessary.

Life's uncertain; we've discussed that in previous articles. You can obviously never be ready for every instance, but being ready for some is a good start, and starting early is best.

With my own children, I began prepping them to be physically ready to adapt to what was happening to them essentially from birth. Diaper changes had me gently guiding them in front and back rolls—teaching them a quick escape move—or a very cool

entry to a party! Playtime had me stretching them out so they were long and limber. Once they started to walk, they were taught how to break free of my surprise grabs that came out of nowhere and to keep moving on their way.

A student's mother shared a story of taking her four-year-old by the wrist while shopping and being dumbfounded to feel the kid break away in a breath. Okay, maybe that's not the ideal move for a parent to experience, but hey, he surely knew what to do if it was a stranger who'd grabbed him.

## JOIN OUR FAMILY SEMINAR

Safety for your whole family is paramount—that's the simple truth. We're hoping this new seminar format will give families both a chance to feel and a chance to attempt what their student is learning or what they can learn, if they are not already a student. We want parents to know for themselves and their peace of mind how effective KoKoro Kai Jujitsu can be. (We happily report that often new students are parents of young ones we already have on the mat, who see what we bring to their child's life and want to share in the journey. We love multiple generations training together, and with our style, they can and do!)

All families in the community are welcome to join us on Friday, March 8th at 7 pm. Kids aged 4 and up, moms, dads, grandparents—bring them all to find out what they're capable of accomplishing. Simple, easy moves have large results; we promise. \$20 per individual or \$40 for a family. Call 845-298-2177 or email [aqkkj@gmail.com](mailto:aqkkj@gmail.com) to register. We'd love to have you visit! OSU! ♦