

One with Heart

MARTIAL ARTS * FITNESS * WELLNESS

...PRESENTS OUR *Transported After-School Kung-Fu Program*

- ▶ Transportation after-school to our location
- ▶ For girls & boys 1st-5th grade
- ▶ 5 days a week
Monday — Friday from 2pm-6pm
- ▶ At **One With Heart Tulen Center**
42nd & SE Hawthorne Blvd.
- ▶ Serving Portland families for over 25 years



REAL STRENGTH is confidence to be who you are in the world



One with Heart

MARTIAL ARTS * FITNESS * WELLNESS

3 GREAT LOCATIONS, 1 COMMUNITY

One With Heart - SE
4231 SE Hawthorne Blvd.
Portland, OR 97215
503.231.1999 phone
onewithheart.com

One With Heart- North
8641 N. Lombard St.
Portland, OR 97203
503.283.1313 phone
onewithheart.com

Tulen Center - SW
4710 SW Scholls Ferry Rd.
Portland, OR 97225
503.291.9333 phone
tulencenter.com

Transported After-School KUNG-FU PROGRAM



KIDS LEARN important life-skills while having a blast!

onewithheart.com



Transported After-School **KUNG-FU** Program

ENROLL YOUR CHILD in our premier transported after-school martial arts program. Our program is designed for girls and boys from 1st – 5th grade. Your child will have the opportunity to train in the Indonesian martial art of Poekoelan (Pu-ku-lan). Through training, your child will develop coordination, cooperation, and confidence. Parents tell us they see these qualities transfer to greater success in school and other extra-curricular activities.

One With Heart offers the best instruction in martial arts, self-defense, fitness, and wellness for children. We educate, inspire

and strengthen students in an atmosphere of mutual respect. We are dedicated to supporting families by providing inspirational, fun and exciting kids programs.

YOU'LL APPRECIATE THE SKILLS your child develops while training in a non-competitive and supportive environment. Your child will have fun exploring the creative movements and techniques of Poekoelan's four animal style; monkey, tiger, crane and snake. We have a 1:10 instructor to student ratio.



NO GO YELL TELL

As part of our curriculum we offer NO GO YELL TELL, a child safety and awareness program developed by the head of Poekoelan Tjimindie Tulen. Self defense training builds confidence from the inside out. Children who feel confident will trust their awareness and can set safe and healthy boundaries.

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One With Heart Tulen Center has a strong base in the community, serving families in SE Portland for more than 25 years.



Proud recipient of the "**Golden Bootie award**" Best Martial Art for Kids" in Portland Parent Magazine.

DAILY SCHEDULE

- ▶ Transportation from your child's school to One With Heart location
 - ▶ Check-in and greeting
 - ▶ Snack
 - ▶ Homework time
 - ▶ Martial arts workout
 - ▶ Parent pick-up kids between 5:15pm-6pm
- Families are encouraged to come in anytime to see our instructors in action!*

HEAR WHAT THESE PARENTS HAVE TO SAY ABOUT OUR PROGRAM:

"I am impressed with my child's progress in the Transported After School Poekoelan Program (TASPP) and equally impressed with the patience, dedication and expertise of all of the instructors. Thanks you for enabling my daughter to build her confidence and her strengths." — TASPP Parent 2008

"The (TASPP) program provides fitness and skills as a fun after-school program. My daughter also has time for homework, and has wonderful positive mentors in your instructors." — TASPP Parent 2008

ENROLLING YOUR CHILD IS EASY!

Call to set up an appointment and enroll your child today!

503-231-1999
www.onewithheart.com

