

# COOL Kidz @NPMAC



**Newbury Park Martial Arts Center**  
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Most grown-ups do lots of things to keep kids safe because they care about you! But some people try to steal kids. This is called child abduction or kidnapping. Those people can be sneaky. They can try to trick you, to take you away. Little Ninja and COOL Kidz help stay safe by following a few rules in this book



Little Ninja and COOL Kidz at Newbury Park Martial Arts Center are safe and aware! We stress the importance of our students knowing vital information. Please fill out the following information with your child and review often. Ultimate violence avoidance is staying away from trouble, and being prepared is the first step!

My Parents Names Are:

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# Safe and trustworthy people

Ask an adult in your home who trustworthy people are, so you know whom you can trust



List your safe and trustworthy people here

Safe person

Phone number

Safe person

Phone number

Safe person

Phone number

Safe person

Phone number

## Staying Safe Means:

Never take a ride with a person you don't know or feel safe with, even if they have a really cool car and have treats

What do you do when a person offers you a ride in a really cool car and offers you treats?

Yell "NO!" and run away as fast as you can



Draw  
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your-  
yell-  
"NO!"

a pic-  
of  
self  
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when someone offers you a ride

## Don't be Tricked:

A man offered Max money and a treat to go with him.

Max yelled "NO WAY!" and ran away

He told a safe grown-up who called the police





## Don't Go In:

It's never safe to go inside anyone's house for any reason, unless your family knows the person and says it's OK.

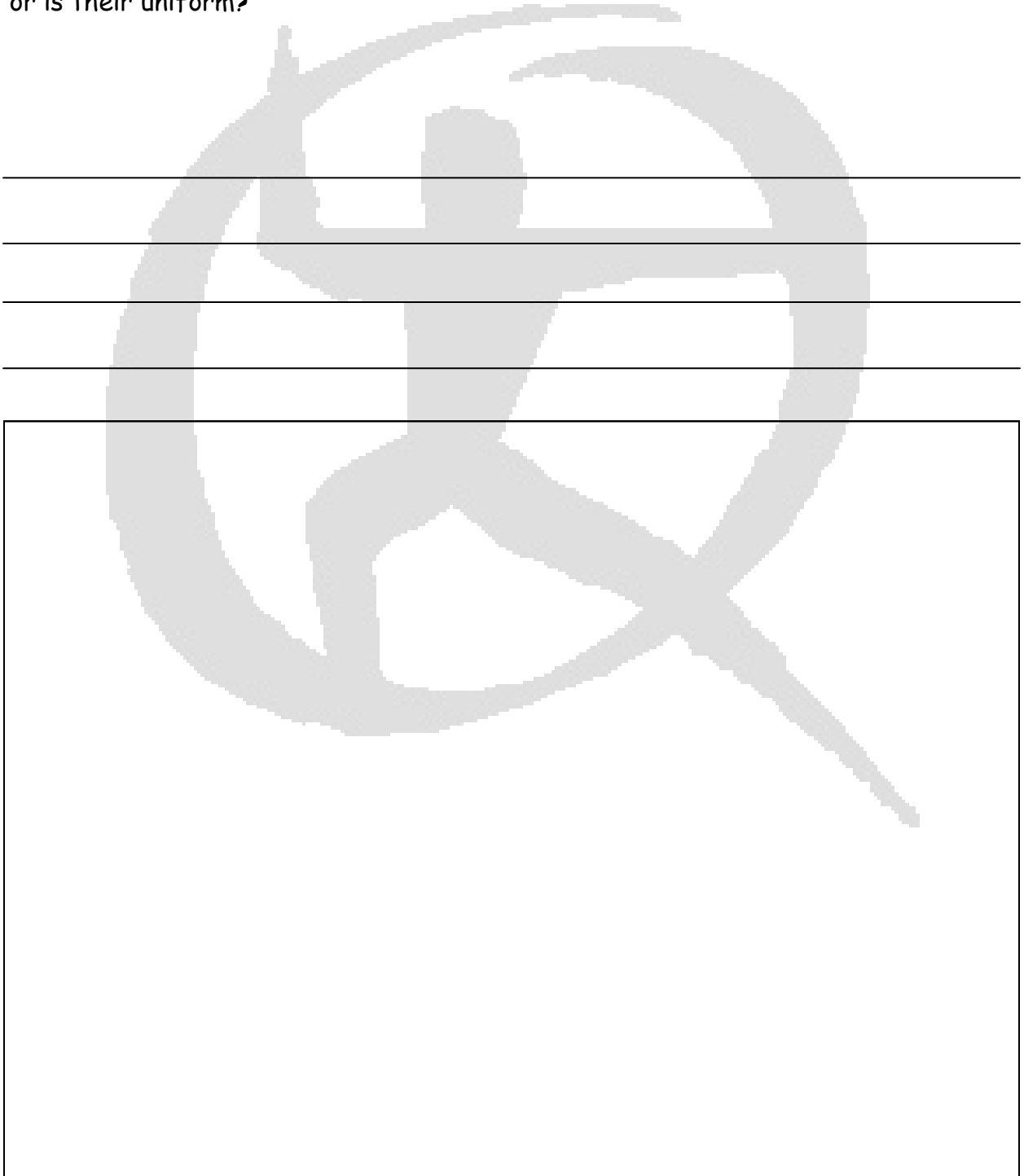
Even if you're bored and lonely, and someone has some really cool stuff, it's not safe to go into their house.



# Store safety:

If I am lost in a store, find someone wearing a uniform (store employee) or a name badge.

List stores I visit with Mom and Dad and draw a picture of an employee. What color is their uniform?





## Find a person you can trust

Sometimes kids get lost in a store. When Steve got lost, he went to a counter to get help. He told the lady he was lost and she helped him find the person he came with



## Stay in one place

It's easy to get lost in other places, too. Little Ninja and COOL Kid remember there family's plan in case they got separated from them. Little Ninja and COOL Kidz ask a security guard or an employee with a badge, to help them stay safe until they found there family.



# Danger Awareness:

Newbury Park Martial Arts Center Little Ninja and COOL Kidz are aware and confident! If a situation doesn't feel right, trust your instincts!

AT NO TIME SHOULD AN ADULT ASK A CHILD TO DO A JOB THAT AN ADULT CAN DO (in public): i.e.- ask for directions, help find a lost item, etc.

LITTLE NINJA AND COOL KIDZ USE THEIR VOICE! AN ADULT TRYING TO GRAB OR PULL YOU WILL HEAR 'YOU ARE NOT MY MOM-YOU ARE NOT MY DAD' IN A LOUD AND CONFIDENT VOICE!!

LITTLE NINJA AND COOL KIDZ ARE NOT WHERE THE TROUBLE IS! IF OUR STUDENT SEES SOMETHING THAT IS OUT OF PLACE, THEY DO NOT GO CLOSER TO CHECK IT OUT; THEY GO STRAIGHT TO AN ADULT AND STAY AWAY FROM THE TROUBLE.

NEWBURY PARK MARTIAL ARTS CENTER LITTLE NINJA AND COOL KIDZ ARE CONFIDENT, AWARE AND RESPECTFUL!!

# Strangers can mean Danger

A woman asked Kelly for directions.

Kelly felt scared and didn't get close to the woman

Kelly said "I don't know, ask a grown-up" and she ran away







# Little Ninja and COOL Kidz Trust Themselves!

Little Ninja and COOL Kidz know that it is never a kid's fault when a person tries to trick, hurt or take them. Little ninja and COOL Kidz know a lot about being safe. Now you can practice being safe. If you have questions ask a safe, trust-worthy person, a teacher, mom, dad, or your instructor.







## Student Creed

*I believe in myself. I am confident. I can accomplish my goals.*  
*I believe in what I study. I am disciplined. I am ready to learn and advance.*  
*I believe in my teachers. I show respect to all who help me progress.*

## 14-Point Code for Powerful Living



I protect life and health,  
I avoid violence whenever possible



I respect the property and space of all,  
I avoid taking what has not been offered



I develop significant relationships,  
I avoid abusing others for selfish gain.



I thoughtfully express the truth,  
I avoid the confusion of dishonest words.



I cultivate a positive attitude, a healthy body and a clear mind,  
I avoid whatever would reduce my physical or mental well-being.



I communicate health, happiness and peace of mind to everyone I meet,  
I avoid violent, disturbing, and unduly critical speech.



I promote harmony and positive momentum to bring the best in everyone,  
I avoid causing alienation, doubt, and division among others.



I encourage all to speak purposefully from the heart,  
I avoid the dull contentment of gossip and small talk.



I am as enthusiastic about others fulfillment as I am about my own,  
I avoid treating others' successes as the cause of my lacks.



I promote the enjoyment of life, and encourage others with my smile,  
I avoid setting myself against the world.



I promote the search for personal realization of truth,  
I avoid the seductive comforts of narrow-mindedness.



I accomplish what must be done in a timely and effective way,  
I avoid putting off doing that which will benefit me and my world today.



I strive to be so strong that nothing can disturb my peace of mind,  
I avoid the negative effects of worry, doubt, and regret.



I work to build love, happiness, and loyalty among all members of my family,  
I avoid putting temporary personal benefit ahead of the welfare of those I love.

**NEWBURY PARK MARTIAL ARTS CENTER**

## **MARTIAL ARTS PROGRAMS**

**Youth and Teen Martial Arts**

**Adult Martial Arts**

**Black Belt Club**

**Masters Club**

**Advanced Training Program**

**Private Lessons**

### **LIFE SKILLS**

**Meditation**

**Mind Science**

### **EVENTS**

**Women's Self Defense Courses**

**Team Building and Corporate Events**

**Birthday Parties**

We would be honored to host your Child's birthday party at NPMAC. Your birthday ninja gets to be the assistant instructor for their friends in their very own Karate class. Our Bronze, Silver and Gold Packages have many exciting features that can include cake, ice cream, party gifts. All guests also receive a free trial at the school as an extra gift from the birthday ninja!!