

## What is MAMBEC?

MAMBEC is a contemporary martial arts centre, teaching both physical/mental martial arts. Our objective is to teach students safe skills to deal with conflict. Mental martial arts use reason and intelligence to cope with aggression before it becomes physical.

We are focused on peace/defence rather than fighting/offence. We teach conflict prevention by understanding the root cause and our students learn the skills to prevent, resolve, and control conflict. MAMBEC curriculum is designed to reach children in different aspects of bullying. We discuss the different roles that play out during a bullying episode: victim, bystander, upstander and bully.

The MAMBEC Program is Karate based with strong emphasis on body mechanics compatible with any Traditional Martial Art. There is no sparring, weapons training or Tournaments. When a student achieves their MAMBEC black belt, they are encouraged to continue in the MAMBEC program for higher degrees. Students continue their Martial Art education through our instructor program.

## Lavonne Carroll – Founder/Director

Lavonne has been involved in Martial Art Training and Management since 1997 having trained in Taekwondo and Karate and holds a MAMBEC Black Belt.

## Steve Garvey – Head Instructor

Steve has been with MAMBEC since 2008 as Head Instructor and Managing Partner. He holds a MAMBEC and Kenpo Black Belt and has studied Yoga, Wing Chun, Reiki and Qigong.

## WHAT WE OFFER

- Weekend/Evening Martial Art Life Skill Programs
- Before/Afterschool Program
- 9 weeks of Summer Camp/March Break Camps/ Inservice Day Camps
- Birthday Parties

**MAMBEC™ Martial Art Education Center is** dedicated to teaching children to creatively cope with conflict.  
Member of the Nova Scotia Karate Association

### Locations:

MAMBEC Studio is located in Cole Harbour Place,  
51 Forest Hills Parkway, Dartmouth, B2W 6C6  
Second Floor, with two adjacent offices.

Strides Health and Fitness Centre  
550 Highway #2, Elmsdale, NS B2S 1A3

Tallahassee Recreation Centre,  
168 Redoubt Way, Eastern Passage, NS B3G 1E4

**Call 902.488.6779**  
**www.mambec.com**



Families may be eligible for full funding assistance  
Contact KidSport™ at: 425-5450 ext 350  
kidsport@sportnovascotia.ca, www.sportnovascotia.ca/kidsport



# MAMBEC™

(Martial Art Mind Body Education Center)

**Life Skills for Children  
with a  
Martial Art Connection**



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## WHY IS CONFLICT EDUCATION IMPORTANT?

Conflict education is important because violence should be the last resort. We want our students to know how to avoid/manage conflict without resorting to violence by balancing the physical/mental self-defence. We recognize bullying among young people is increasing in our society and both skills are necessary to help stop this trend.

Children who learn about conflict are better prepared to deal with potentially dangerous situations. They are more confident, able to use words with other skills rather than violence.

We can reverse this terrible trend of violence if we take it seriously and get help from qualified professionals like MAMBEC. By using holistic education, children understand conflict and create healthy relationships founded on self-respect, respect for others and knowledge.

## WHAT ROLE DOES LEADERSHIP PLAY?

Not everyone can be a leader, however it is important to recognize what makes a good leader. There are a lot of negative examples in the media right now, and we are concerned about the effect this is having on society.

MAMBEC has created a leadership program (Animation/-Mentoring Team) Where students learn the skills necessary to be good leaders and positive role models. They mentor younger students and help demonstrate peaceful conflict resolution. A-Team members gain confidence and can see the effect of good leadership on younger students.

## MAMBEC PROGRAM STRUCTURE

We offer 12-week programs registering 3 times a year (September, January, and April). Program includes 10 weeks of instruction, followed by Parent's Day, then Belt Advancement (please note: if your child is not re-registering or belt advancing, their last class will be week 11, Parent's Day). Closed for the summer months, with a 9-week Summer Camp that includes the Martial Art/Life Skills Program.

## OVERVIEW OF THE MAMBEC PROGRAM

Program is broken down into four components in each hour.

- First Component: WARM-UP - includes stretching /yoga for kids.
- Second Component: TECHNICAL - includes punching, kicking, kata and fundamentals of body mechanics.
- Third Component: LIFE SKILLS (with a focus on bullying) - involves listening to a short story, answering a few well-placed questions, as well as role-playing a scenario.
- Fourth Component: GAME - this includes a game that reinforces the lessons learned during class.

## MAMBEC BELT STRUCTURE

Students in the Children's Program/ Animation/Mentoring Team are awarded belts according to their progress in their Technical Skill. Students start at white belt then move to a belt with a stripe of colour on a white belt to a stripe of white on a coloured belt up to and including MAMBEC Black belt.

There is a Special Award Ceremony for students who achieve MAMBEC Black/Red Belt (Junior Black Belt). These students are presented with a BELT BOARD at their belt advancement ceremony that represents all belts achieved.



To achieve a MAMBEC Black Belt - First students are informed they are ready and must submit their most recent school report card, then complete 7 required components and the final MAMBEC Black Belt Test.

The components are as follows:

- Testing Student Must Teach a Class
- Physical Fitness/Core Work
- Life Skills/Written Essay
- Fundamental Movements
- Kata/ Safe Option System
- Hand and Foot Techniques
- Attitude/Attendance

Once Black Belt Components and test are complete students are awarded Embroidered MAMBEC Black Belt, a MAMBEC Black Belt Certificate and Letter of Recommendation.

## MAMBEC BADGE STRUCTURE

Students in our Children's Program wear white uniforms (ages 4 - 6). Receive badges for life skills and for satisfactorily completing MAMBEC's Curriculum Programs. Children's Program Curriculum Badges Include: J's Red Tool Box, J's Gold Rules, J's Bad Day and Character Development.

Students in our Animation (Mentoring) Team Program (ages 7 and up). Animation Team/Mentoring Curriculum Badges Include: Mentoring Level 1, Mentoring Level 2, Mentoring Level 3, Physical Fitness, Meaningful Words (I), Meaningful words (A), Leadership (I), Leadership (A), C.O.N.N.E.C.T., heroes' Circle, We are Human, Life Skills and Rights/Responsibilities.

Life Skills Badges - Both Children's Program and the Animation Team receive the same Life Skill Badges as follows: Attitude, Character, Confidence, Commitment, Control, Courage, Courtesy, Determination, Endurance, Focus, Goals, Honesty, Integrity, Loyalty, Manners, Patience, Practice, Respect, Spirit, Teamwork, Trust.

## SEWING BADGES ON UNIFORM

Life Skill Badges - Placed on right sleeve starting at top seam 2 abreast on either side of fold running down side of sleeve.

Curriculum Badges - Mentoring/Instructor badges are mounted on left sleeve starting below top seam, then centred on fold.