

3 Locations

Weekend/Evening Program

Students ages 4 and up

Introductory Special

3 Months Tuition plus uniform

\$199⁰⁰

includes tax



Life Skills Program with a Martial Art Connection

MAMBEC™ is a contemporary martial arts centre that teaches both physical and mental martial arts. MAMBEC's 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.

MAMBEC™ is focused on peace and defence rather than fighting and offence. We teach conflict prevention by understanding the root causes and our students learn the skills to prevent, resolve, and control conflict.



Life Skills with a Martial Art Connection

MAMBEC™

Are your Children Prepared for Dealing with Conflict?

902.488.6779 | www.mambec.com

Weekend/Evening Program

Students ages 4 and up

Offering a core program that teaches self-reliance and discipline, with a focus on life lessons, self-protection, leadership skills, respect and values in addition to the physical program. Students are encouraged through peer-mentoring and confidence building games and activities.

PROGRAM BENEFITS:

- Concentration
- Focus
- Self-Discipline
- Self-Esteem
- Self-Control
- Winning Attitude



The MAMBEC Program is broken down into four components in each hour.

1. First Component: WARM-UP, including YOGA for kids
2. Second Component: TECHNICAL, including punching, kicking, kata, fundamentals of body mechanics etc.
3. Third Component: LIFE SKILLS, in this component we find young students, learn more information faster, and retain answers longer by listening to a short story, answering a few well-placed questions followed by role-playing.
4. Fourth Component: GAME that reinforces the lessons learned during class.

Locations:

Cole Harbour Place
51 Forest Hills Parkway

Elmsdale
Strides Health & Fitness

Eastern Passage
Tallahassee Rec Center



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