

NO MORE



Bullying is nothing new, but in this age of social media the experience can last 24 hours a day and 7 days a week.

Enrolling a child in a good martial arts program is one of the best ways a parent can prevent bullying before it even starts. Martial arts can help build confidence in kids and teach respect for others while they learn to focus energy in a constructive way.


MARTIAL YOU, a Maine based non-profit organization, wants to help stop bullying and wants you to have a choice.

Visit us online to find out how martial arts can help to prevent bullying and how you can help keep martial arts accessible to everyone in our community.



www.martialyou.com

or

 www.facebook.com/MARTIALYOU