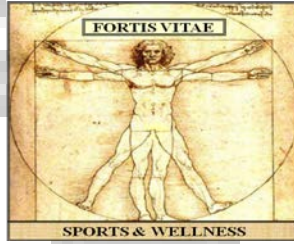


WELCOME TO THE KUK SOOL WON of RAMSTEIN SCHOOL



FORTIS VITAE'S TINY TIGERS PROGRAM!

Greetings New Tiny Tiger parent!

Welcome to our martial arts family! The KSW of Ramstein school has been active on Ramstein for nearly 20 years, and I have had the privilege of running it for the past 7 years. The Tiny Tigers program was started in the Fall of 2009 and was an immediate success; so much so that it quickly expanded from one to two full classes, and then three, now taught on Mondays, Wednesdays and Fridays. Tiny Tigers is a pre-martial art program focusing on basic skills such as focus, listening and basic coordination. What makes this class unique is that we actually teach fundamental martial art skills; strikes, breakfalls, and self-defense "stranger" techniques. We also teach the etiquette and control that **MUST** be taught alongside ANY martial art program. This is done using the TIGER as a guide, emulating its strength, grace, courage and confidence. Also, drills are conducted as "martial games" which the students LOVE! As the senior instructor, and on behalf of my "shepards", I invite your young child to challenge themselves every class.

Please explore our website at www.kswoframstein.com/tigers.htm to learn more details about the class. Once you have started, you may ask to join the FB group "Ramstein Tiny Tigers". Here are a few details to get you started:

- **Contact Information:**
 - E-mail: tinytigerinstructor@yahoo.com
 - Phone: 0176 612 77 486
- **Schedule:**
 - Either Monday or Wednesday or Friday
 - 1730 – 1815 (longer if they are able)
- **Location:**
 - Southside gym ANNEX (beside the glassed-in newer gym). Go in the main doors, and turn right down the stairs. We are just at the bottom.
- **Ages:**
 - 3 – 5 yrs
 - At age 6, your child will be automatically approved for entry into the KSW of Ramstein kids class.
- **Class fees:**
 - \$50/ 2 months (8 classes) If paid after the 10th, you must pay the daily rate until the next month.)
 - \$9/class if paid individually
 - Pay all INSTRUCTIONAL fees at the kiosk at the entrance of the southside fitness center.
- **Uniforms:**
 - After the first full month of class (or earlier), you will need to decide if you wish to continue with the Tiny Tigers program. If you do, you will be asked for a \$25 uniform fee (PAID TO THE INSTRUCTOR).

See you in class! KUK SOOL!! Pu Sa Bum Nim (3rd degree blackbelt) Mike Grimes

Also see other FortisVitae services (massage, personal trainer, group fitness) at www.fortisvitae.net.