

## MAMBEC Program

An essential part of every MAMBEC Student's Education centers around Life Skills and Leadership in conjunction with Martial Art. We teach Respect, Kindness, Safety Awareness, Emotional Intelligence, Public Speaking, Anti-Bullying Techniques and more. It is expected that MAMBEC students will behave appropriately. Our advanced students help guide our new students, and display leadership in their behavior.

Our children's Martial Art programming is Karate-based with influences from other disciplines, and a strong emphasis on overall fitness. During the MAMBEC Program students don't spar, don't do weapons training and don't participate in tournaments. Our students strike pads held by leaders or instructors, as well as freestanding or hanging pads. There is minimal contact for practice drills involving blocks and grab escapes.

## Why is Conflict Education Important?

Conflict education is important because violence should be the last resort. Our students know how to avoid and manage conflict without resorting to violence. We balance physical martial art technical skills with mental martial art life skills to recognize bullying among young people in our society to help stop this trend. Children are better prepared to deal with potentially dangerous situations. They are more confident and able to use words and other avoidance skills rather than physical conflict.

We can reverse this terrible trend of physical conflict if we take it seriously and get help from qualified professionals like us. We use holistic education and lifelong learning for children to understand conflict and create a lifestyle founded on self-respect, and respect for others.

## How can MAMBEC help?

Bullying and physical conflict are rampant in the world today. Unfortunately, young people are victimized more than any other age group. Conflict happens anytime people disagree and becomes a problem when the people involved are unable to control their anger and emotions. People often have difficulty recognizing why there is conflict and how their emotions and behaviour may be part of the problem. Our students practice Mental Martial Art by role-playing difficult situations to learn the skills to safely handle conflict.

## J's Series Book Curriculum

This book was designed as an aid to teach children how to use "J's lessons" in real life situations. These situations can often escalate out of control and this book serves as a practical tool on how to address them in peaceful and respectful ways. The strategies used in this book are based on Conflict Avoidance and Self-Protection. The strategies were developed with the intent of becoming teachable moments that can be used in any educational setting. Since 2003, this Book Curriculum has been used actively as part of the MAMBEC Specialty programs.

For an optimal learning, use this book as a reading tool at home or simply for homeschooling. You can purchase these books from our online store [www.mambec.com](http://www.mambec.com).



Founder/CEO Lavonne Carroll,  
Dedicated to teaching children to  
creatively cope with conflict.

MAMBEC is a Member of Karate  
Nova Scotia in affiliation with  
Sport Nova Scotia



## LOCATIONS:

MAMBEC Studio and Office  
Located in Cole Harbour Place Facility,  
51 Forest Hills Parkway, Dartmouth, NS B2W 6C6  
2nd Floor with two adjacent offices.

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

**Call 902.488.6779**



**Register online at [www.mambec.com](http://www.mambec.com)**



# MAMBEC™

(Martial Art Mind Body Education Center) Inc. 2003

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



**Young people who are prepared mentally  
and physically for the real world with skills  
and maturity to make positive decisions in  
conflict situations.**



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## MAMBEC Core Program

MAMBEC Core Program (embedded in each of the Life Skills/Martial Art Specialty Programs)

**1st Component:** Warm up, including Meditation, Stretching and Yoga for Kids.

**2nd Component:** Technical, including Punching, Kicking, Kata and the fundamentals of Body Mechanics for kids.

**3rd Component:** Mental Martial Art (Life Skills). We find young students learn more information faster and retain answers longer by active listening to a short story, followed by answering questions and role-play.

**4th Component:** Game or Skills Drill reinforces the Technical Lessons learned during class.

## What We Offer

### MAMBEC Before/After School Specialty Program

Begins at 7:00 AM. Afternoon pick-ups begin as early as 2:20 PM. Guardians must pick up children from our facility by 6:00 PM. For more information, please contact Lavonne Carroll at [info@mambec.com](mailto:info@mambec.com) or (902) 488-6779.



### MAMBEC Weekend/Evening Martial Art Specialty Program

MAMBEC offers 12-week programs, registering 3 times a year (September, January, and April). The program includes: 10 weeks of Instruction, Week 11: Parent's Day Week, Week 12: Belt Advancement Week (including Belt Board Special Award Ceremony).

Weekend/Evening Martial Art Specialty Program is replaced by 9/10 weeks of Summer Camp beginning the first part of July, Camps include the Core Martial Art/Life Skills Program. The Weekend/Evening Program restarts in September.

## Belt and Badging System

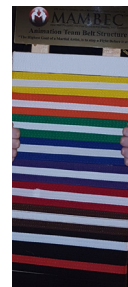
MAMBEC Belt Structure uses an alternating stripe system from a stripe of colour on a white belt to a stripe of white on a coloured belt. Students receive badges for Life Skills and Curriculum for completing MAMBEC's Specialty Programs.

MAMBEC	LIFE	SKILLS
ATTITUDE	DETERMINATION	MANNERS
CHARACTER	ENDURANCE	PATIENCE
CONFIDENCE	FOCUS	PRACTICE
COMMITMENT	GOALS	RESPECT
CONTROL	HONESTY	SPIRIT
COURAGE	INTEGRITY	TEAMWORK
COURTESY	LOYALTY	TRUST

## Black Belt Testing - Black Belt Tree

To achieve a MAMBEC Black Belt - Once students are ready and have submitted their most recent school report card, they complete seven required components, and the final MAMBEC Black Belt Test.

Black Belt Ceremony takes place in May of each year. At that time, students are awarded an Embroidered MAMBEC Black Belt, a Certificate, and a Letter of Recommendation.



## MAMBEC Summer/ March Break Camp Specialty Programs

Takes place at the Cole Harbour Place Facility and focus on new Themes each week. This Program is taught on Monday and Wednesday to the younger children and on Tuesday and Thursday to the older children. Along with MAMBEC Martial Arts / Life Skills Core Program campers will enjoy swimming. For those campers not participating in the swimming, an alternative activity program will be provided. Campers of the week are chosen by our Camp Leaders. All Campers obtain certificates with fingerprints at the end of the week for child safety. At the end of summer camp, we offer a belt advancement for children who have completed more than six weeks of camp.



## MAMBEC In-Service Day Camp Specialty Program for General Public

MAMBEC offers the General Public an opportunity to purchase a full year package for in-service days! No more worrying about where to put your children on those days. MAMBEC opens at 7:00 AM and closes at 6:00 PM. We fill the entire day with lots of activities. MAMBEC services HRCE In-Service days only.

## MAMBEC Martial Art Birthday Parties

A fun, exciting and unique way to celebrate your child's birthday! Your party coordinator keeps everyone entertained for two hours while teaching cool Martial Art/Life Skills techniques (focused on anti-bullying).



We have 350 lbs of Lego® available and can be included in the Birthday Party Package for an upgrade fee of \$30.00 (plus tax) which includes an additional hour.