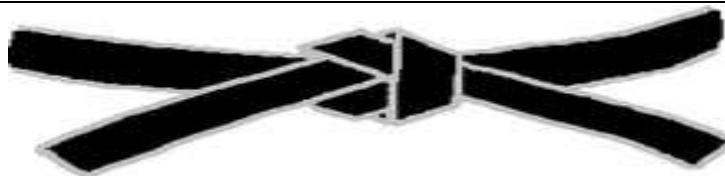




BLACK BELT COMMUNICATION

SELF AWARENESS - SELF CONTROL - SELF ESTEEM



ANTI-BULLYING COURSE FOR CHILDREN & TEENS

BLACK BELT COMMUNICATION

Black Belt Communication is an anti-bullying program that will engage, equip, and empower your child with skills and confidence needed to stop bullying and build effective relationships in a way that they can give and gain respect.

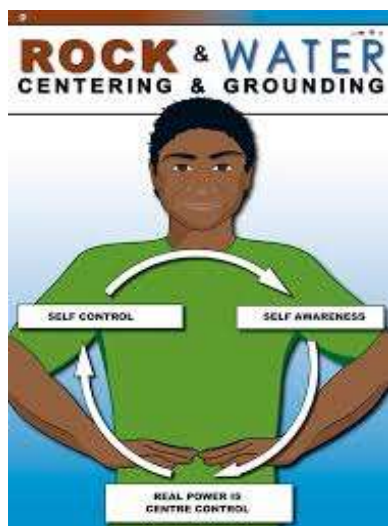
Black Belt Communication will teach children & teens:

- Practical Anti-Bullying Strategies
- Confidence, Control, Courage
- Respect, Resilience, & Responsibility
- Enhanced Communication Skills
- Verbal and Physical Self-Defense
- Mindfulness (Breathing & Balance)

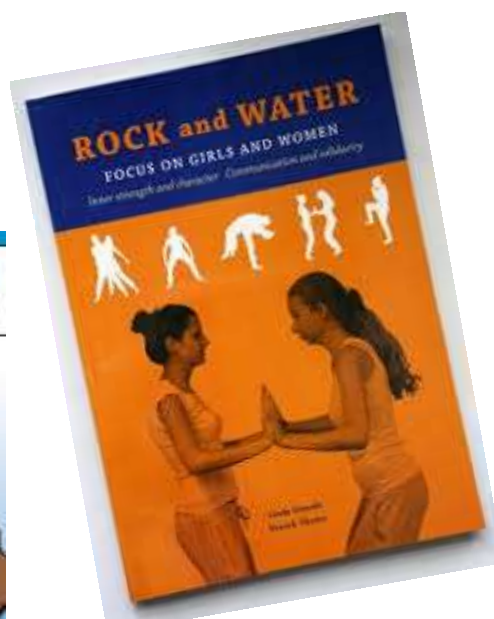


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Black Belt Communications



BEST PRACTICE: ROCK & WATER METHODOLOGY

Black Belt Communication combines the ethos of martial arts based upon the principles of respect and responsibility with the teaching methods of the acclaimed Rock & Water anti-bullying program developed by the Gaduku Institute in Holland.

Rock and Water Program provides a simple and powerful framework utilising the symbols of ROCK & WATER.

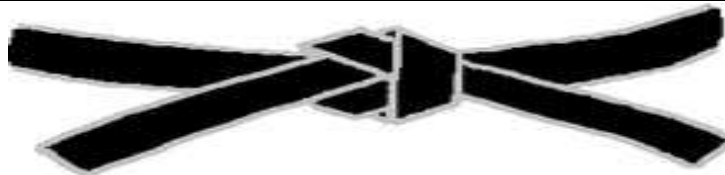
- **ROCK** represents the strength of self-belief and a commitment to stand for what you feel is right and worth defending. A Rock attitude is always respectful but acknowledges differences held by others.
- **WATER** represents the strength of cooperation, collaboration, and communication and a commitment to respectfully work together to find solutions.

LINKS: www.rockandwaterprogram.com

www.edusolutions.com

BLACK BELT COMMUNICATION

SELF AWARENESS - SELF CONTROL - SELF ESTEEM



HOW DO CHILDREN LEARN BLACK BELT COMMUNICATION?

Black Belt Communication (Rock & Water) utilises a highly interactive and physical format of facilitated play supported by carefully crafted lesson plans designed to meet the needs of students and class along a continuum of physical, cognitive, and emotional development. It is delivered by age groups with a minimum of 10 & maximum of 25 students per group.

The Age Groups: 4yrs+ 6yr+ 9yrs+ 14yrs+



WHO CAN DO BLACK BELT COMMUNICATION?

Everyone!

Black Belt Communication is tailored to the needs of primary and secondary school children and teens.



BLACK BELT COMMUNICATION

SELF AWARENESS - SELF CONTROL - SELF ESTEEM



Relma, Pidavara, Maliriko, Torekana, & Tim Turner

Black Belt Communications

WHO TEACHES BLACK BELT COMMUNICATION?

Relma Bule-Turner & Tim Turner and family are all qualified Rock & Water facilitators / long-time practitioners and well known members of the Port Hedland community. Both Relma and Tim have made a significant investment mentoring children and young adults over the last 10years through the Hedland Taekwondo Club and established multiple award winning community projects.

WHAT IS THE COST OF BLACK BELT COMMUNICATION

Before term commencement parents will be asked to meet the facilitators (Tim & Relma) to discuss Black Belt Communication is taught once per week for a 45min lesson per age group at the JD Hardie Centre every Saturday morning / afternoon the needs of each child.

Black Belt Communication will cost \$100 per term + \$50 equipment inclusive of learning journal, yoga mat, and eye pillow (relaxation prop). term.

CONTACT: Tim Turner 0438 425 893 or Tim.Relma@bigpond.com