A COMMUNITY PARTNERSHIP PROPOSAL

FOR DENVER-AREA ELEMENTARY & MIDDLE SCHOOLS

A no-cost, character-building After-School Enrichment Program — and an easy fundraiser — for Principals, PE Teachers, and PTOs

43 YEARS SERVING DENVER-AREA SCHOOL DISTRICTS

1983 – 2026

Adams County · Jefferson County · Douglas County · Littleton · Englewood · Cherry Creek · Boulder County · Denver Public Schools · Charter & Private Schools

120+ schools served · 36,000+ children taught · 5,400+ after-school enrichment students · $100,000+ raised for local schools

Prepared for: Public & Private Elementary and Middle Schools — Principals & PE Teachers

Stephen Oliver, MBA · 10th Degree Black Belt, Master Instructor · www.milehighkarate.com

What's Inside This Package

- A letter to your Principal, PE Teacher, or PTO — the full proposal, in our own words
- About Stephen Oliver & Our Program Philosophy — the credentials and curriculum behind the program
- A Closer Look: What Each Class Covers — the real, class-by-class lesson plan
- Program At-a-Glance — a one-page summary you can hand to a colleague
- Trusted by Denver-Area School Districts — 43 years of schools we've partnered with, by district
- What PE Teachers & Principals Say — letters from your peers, on their own school letterhead
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- Real Stories: The After-School Program in Action — a family's own account, start to finish
- In Their Own Words — more student and parent voices from our black belt community
- Sample Materials — actual daily homework pages your students will receive
- Frequently Asked Questions — quick answers for busy Principals and PE Teachers
- Registration & Permission Form — ready for your front office
- Next Steps — how to get a program scheduled at your school

Dear Principal, PE Teacher, or PTO,

I would like an opportunity to discuss with you Mile High Karate's community service and school fundraising programs — successful for over 120 schools in the Denver Metro area over the 43 years Mile High Karate has been in business. Our programs help build skills for dealing with bully problems, non-violent conflict resolution, and positive respect, discipline, and focus — building real confidence that results in improved learning skills and a better environment for K-8 graders.

We have taught this program in Adams County, 27J, Jefferson County, Douglas County, Cherry Creek, Littleton, Boulder County, and Denver schools, as well as charter and private schools. There is no charge to your school for this program — and the after-school program can be used as a very successful and easy fundraiser. In fact, we have raised over $100,000 for local schools while teaching well over 36,000 children in local elementary schools, 5,400 students in after-school enrichment programs such as this, and thousands of families in our Mile High Karate schools.

This is NOT a regular karate class held after school.

It is a Positive Behavior enhancement program with emphasis on respect and discipline.

You will see positive behavior changes in all participants. All teaching materials, homework hand-outs, and support materials, as well as awards, are provided by us at our expense. There is no effort or expense incurred by your school for this program. Our Black Belt instructors volunteer their time to have a positive impact on the community, and hopefully have some of the children interested enough to enroll in our program.

The program is entirely non-commercial. Other than a minimal charge for the program as a donation to your school, there is no requirement that any participant buy any materials or purchase anything (or enroll in ongoing lessons) during or after the program. They will not be pressured to enroll or receive any direct solicitation, other than an offer for an additional month of lessons at no cost or obligation to the parent or student.

You have no risk. We provide all materials and registration forms, and carry full and complete insurance coverage, which covers your school and the district for any potential liabilities.

This Program Is Very Substantial

Mile High Karate has been teaching and having a positive effect on children and their parents in the metropolitan area since 1983 — and has worked closely with school districts throughout the city for 43 years.

Our program comes from my own experience teaching, including 50 years of martial arts experience and academic degrees from Georgetown University and the University of Denver, and consulting with 5,000 martial arts teachers nationwide. Our program was developed together with Mile High Karate Board of

Directors member Lorenzo Trujillo, MA, MS, Ed.D., J.D. — a former senior administration member for Jefferson County Schools and Adams County Schools. It also incorporates shared material from Chuck Norris' Kick Drugs Out of America program and Jhoon Rhee's Joy of Discipline program, both recognized by the Secretary of Education and by Congress.

In past years we have taught programs at the schools listed later in this package (and many others) — we invite you to check us out, and see what your peers say about why this program should be part of your curriculum this year.

The Structure of Our After-School Enrichment Program

1. A six-class after-school program:

- Typically twice per week for three weeks
- Lessons taught are primarily focused around respect, discipline, and learning skills
- Parents typically pay $30 for the class — 100% of the fee is retained by your school for whatever special needs your PE department may have. We provide the instructors and materials free of charge.
- The martial arts content is focused primarily on communication skills and basic defense skills — kids do not become abusive or use the skills offensively
- Kids have daily homework assignments that are character- and discipline-related, including “Respect for Teachers,” “Respect for Parents,” and “Do It the First Time” (see a sample later in this package)

2. Gym Teacher of the Day preview class:

- Prior to the after-school program, we will teach anywhere from 15 minutes up to your full class period to preview the program for all of the kids — very popular with kids, parents, and teachers alike
- Content covers: why be a good student; learning skills (focusing eyes, ears, body, and mind); how to deal with a bully through communication skills; and basic defense — how to defuse a conflict, a basic block and duck, and confident, safe communication
- No offensive techniques are taught. It's a quick, high-value preview of the after-school program.

We are able to work our program into a variety of timelines to accommodate after-school and intersession groups. We are currently working with several elementary schools planning fall, mid-year, and end-of-year activities — to ensure a time that fits your needs, we'd like to schedule a program as soon as possible.

Please call or text 303-280-1839 (and ask for Amanda or Stephen) to discuss holding a program at your school.

Thank you.

Sincerely,



Stephen Oliver, MBA
10th Degree Black Belt — Master Instructor

P.S. For more information about our schools, visit **www.milehighkarate.com**

Your area instructors — Thornton and surrounding areas:
Stephen Christensen · Amanda Christensen
Phone: 303-280-1839 · ThorntonMHK@Gmail.com

About Stephen Oliver



Stephen Oliver, MBA, is the founder of Mile High Karate and a 10th Degree Black Belt, Master Instructor. He has taught martial arts and character development to Denver-area families since 1983 — 43 years and counting.

Stephen holds academic degrees from Georgetown University and the University of Denver, alongside 50 years of martial arts experience. Beyond his own schools, he has consulted with 5,000 martial arts teachers nationwide on how to run programs like this one — a track record your school can rely on when it comes to organization, follow-through, and professionalism.

Every school program described in this package — the letter, the fact sheet, the district references — is built and run under his direct oversight, using the same instructors, curriculum, and standards used in his own Mile High Karate schools.

Program Philosophy

This program was not put together overnight, and it was not designed by a marketing team. It was developed together with Mile High Karate Board of Directors member Lorenzo Trujillo, MA, MS, Ed.D., J.D. — a former senior administrator for both Jefferson County Schools and Adams County Schools, who understood exactly what a school needs from an outside program: no cost, no classroom disruption, no liability, and real behavioral results.

The curriculum also incorporates shared material from two nationally recognized character-education programs: Chuck Norris' Kick Drugs Out of America program, and Jhoon Rhee's Joy of Discipline program — both formally recognized by the U.S. Secretary of Education and by Congress for their impact on student behavior and self-discipline.

The result is a belt-ranking structure that mirrors a student's own academic path — something one of our own students summed up better than we could in his own black belt essay:

> *"Karate is also just like school because white to orange is like the earlier years where you learn the basics. Then from orange through high red, you continue to build on the basics by adding more difficult moves. The Brown through High Brown belts are focused on what you have already learned, but making it better, faster, and more powerful. Now it's time for Prep Cycle, which is like High School, preparing you to enter the world of a true Black Belt."*
>
> **— Xavier C., student essay, "What Karate Has Done For Me"**

It's this structure — respect, discipline, and focus, taught in age-appropriate stages your students already understand — that we bring into your gym at no cost to your school.

A Closer Look: What Each Class Covers

Principals and PE teachers often ask what actually happens in the room. Here is the real lesson plan for the first two classes of the after-school program, exactly as our instructors teach it.

Class 1

Students learn the 4 Laws of Concentration, along with "The 6 Points of Body Balance." Class closes with the first principle of the Student Creed: "I Develop Myself Physically and Mentally, Based on the Mile High Karate Spirit!"

Class 2

Students learn "The 4 Self-Defense Techniques Every Child Should Know," followed by more instruction in the Student Creed: "I Achieve My Fullest Potential by Developing Knowledge, Honesty, and Strength!"

Classes 3 Through 6

The remaining classes build on this foundation — communication skills, conflict avoidance, and basic defense — while reinforcing the daily character homework described later in this package. No offensive techniques are taught at any point in the program.

Gym Teacher of the Day (Optional Preview)

Before the after-school program begins, we can teach a single preview class — anywhere from 15 minutes to a full class period — to every student in your gym, whether or not they plan to enroll. It covers why to be a good student, focus skills, how to deal with a bully through communication, and basic, non-offensive defense. It's a popular, no-commitment way for a PE teacher to see the program firsthand before deciding whether to bring in the full six-class version.

Program At-a-Glance

A one-page summary you can hand to a colleague, your PTO, or your district office.

What It Is

- A free, in-school character and Positive Behavior enhancement program built around respect, discipline, focus, and anti-bullying skills
- Delivered by volunteer Black Belt instructors at no cost or effort to your school
- Usable as a simple, effective school fundraiser — 100% of the modest program fee stays with your school

What It Is Not

- Not a regular karate class — no offensive techniques are taught
- Not a sales pitch — the program is entirely non-commercial, with no pressure to enroll or purchase anything
- Not a burden on staff time or budget — we bring the instructors, materials, homework hand-outs, and awards

How It Runs

- Gym Teacher of the Day: a 15-minute-to-full-class preview taught to every student before the program begins
- Six-class after-school program: typically twice a week for three weeks, focused on communication skills, conflict avoidance, and basic defense
- Daily character homework: “Respect for Teachers,” “Respect for Parents,” “Do It the First Time,” and more (sample included later in this package)

Cost & Fundraising

- Typical fee: $30 per student — 100% retained by your school or PE department for whatever special needs you have
- $100,000+ raised for local Denver-area schools to date

Safety & Risk

- Full and complete insurance coverage protecting your school and district
- All registration forms and permission slips provided (see the sample later in this package)

Track Record

- Serving Denver-area schools since 1983 — 43 years
- 120+ schools served across Adams County, Jefferson County, Douglas County, Littleton, Englewood, Cherry Creek, Boulder County, Denver Public Schools, and charter/private schools

- 36,000+ children taught in local elementary schools; 5,400+ students in after-school enrichment programs like this one
- Program co-developed with Lorenzo Trujillo, MA, MS, Ed.D., J.D., former senior administrator for Jefferson County Schools and Adams County Schools
- Incorporates elements recognized by the U.S. Secretary of Education and Congress (Chuck Norris' Kick Drugs Out of America; Jhoon Rhee's Joy of Discipline)

Getting Started

Call or text 303-280-1839 (ask for Amanda or Stephen) to check available dates — we recommend scheduling several weeks ahead of your target start date.

Trusted by Denver-Area School Districts for 43 Years

We invite you to check us out — call any of the schools below and ask what they thought of the program. We've also worked with schools throughout Cherry Creek, Boulder County, and Denver Public Schools. This list reflects our records at the time this package was assembled; some staff may have since changed roles or schools.

Adams County Schools

School	Principal / PE Teacher	Phone
Hunter's Glen	Mr. Guilliaume	720-972-5453
Stellar	Gunnar Johnson	720-972-2340
Woodglenn	Alycia Carlton	720-972-8715
Eagleview	Mark Glen / Kathy Hogan	720-972-5760 / 720-972-5310
Skyview	Travis Crouch	720-972-5634
Tarver	Steve Yoshihara	720-972-5640
Thimmig	Brenda Beavers	303-655-2782
Prairie Hills	Rob Sousa	720-972-8824
Stem Magnet	Mr. Gonci / Chuck Stafford	720-972-3340
Sunset Ridge	Roger Vadeen (Principal), Mrs. Perkins (PE)	303-426-8907
Pinnacle Charter School	Francis Cutty (PE Teacher)	303-450-3985
Sherrelwood	Dawn Pride (PE Teacher)	303-428-5353
North Star	Mark Vallejos (PE Teacher)	720-972-5560

Jefferson County Schools

School	Principal / PE Teacher	Phone
Stott	Martha Tate (Principal)	303-982-9638
Weber	Barry Fritch (Principal), Dave Yonkee (PE)	303-982-1012
Hackberry Hill	Mr. Capra (PE Teacher)	303-982-0260
Lincoln	Jerry Owen (Principal)	303-982-0528
Foothills	David Seitenback (Principal), Brookes Temple (PE)	303-982-9324
Glennon Heights	Bing Peng (Principal), John Kinner (PE)	303-982-8240

School	Principal / PE Teacher	Phone
Green Gables	Kurt Freeman (Principal), Holly Swanson (PE)	303-982-8314
Green Mountain	Brenda Sommerville (Principal), Mary Jo Jones (PE)	303-982-9380
Hutchinson	Ellyn Martinez (Principal), Mr. Gonzales (PE)	303-982-9561
Kendrick Lakes	Paula Canning (Principal), Marty Lushin (PE)	303-982-8324
Molholm	Kay Moser (Principal), Ms. Ridgewood (PE)	303-982-6240
Rooney Ranch	Maureen Graff (Principal)	—
South Lakewood	Nancy Sommer (Principal), Dan Trocksall (PE)	303-982-7325
Stein	Ray Sanchez Socorro (Principal), J.C. Summers (PE)	303-982-7404
Witt	Carl Nitta (PE Teacher)	303-982-3380
Dutch Creek	Jamye Amick (Principal), Doug Bierzychudek (PE)	303-982-4565
Leawood	Wendy Pierce (Principal), Joel Hallowell (PE)	303-982-7860
Columbine Hills	Connie Brasher (Principal), Linda Kelly (PE)	303-982-5540
Coronado	Nancy Graeve (Principal), Kirk Palenik (PE)	303-982-3737

Littleton Public Schools

School	Principal / PE Teacher	Phone
Franklin Elementary	Jim Ott (PE Teacher)	303-347-4550
East Elementary	Glenn Lybarger (PE), Raeann Puglian	303-347-4450
Runyon Elementary	Greg Sumlin (PE Teacher)	303-347-4650
Twain Elementary	Shirley Trees (Principal), Wayne Brandwein (PE)	303-347-4700
Ames Elementary	Nancy Risoli (PE), Randy Tarr	303-347-4000
Lenski Elementary	Mr. Williams (PE), Dr. DeSpain (Principal)	303-347-4575

Englewood Public Schools

School	Principal / PE Teacher	Phone
Bishop Elementary School	Mr. Hosgood (PE Teacher)	303-761-1496
Charles Hay	Dr. Lumpa (PE), Chris Laney-Barnes (Principal)	303-761-2433
Cherrelyn Elementary	Kim Tooze (PE), Gail Neubert (Principal)	303-761-2102

Douglas County Schools

School	Principal / PE Teacher	Phone
Acres Green Elementary	Debbie Rothenburg (Principal), Warren Dennis (PE), Melissa Malone (Enrichment)	303-790-1571
Eagle Ridge Elementary	Susan McConaghy (AP)	303-799-8771
Sedalia Elementary School	Mary Johnson (Principal), Dave Kemp (PE)	303-688-3207

What PE Teachers & Principals Say

We don't just ask you to take our word for it. Over the years, PE teachers, principals, and district administrators at the very schools listed on the previous pages have written to us directly, on their own school letterhead, about their experience with the program.

> *"Thank you so much for coming to North Star Elementary and teaching Karate to our kids. It's refreshing to have a fundraiser that actually benefits the students' behavior instead of the kids working to get a toy or some candy... The instructors had the attention and respect of the kids at all times during the lessons. There was a lot of positive feedback from the teachers and parents."*
>
> **— Mark Vallejos, Physical Education Instructor, North Star Elementary (Adams 12 Five Star Schools)**

> *"This may sound too good to be true, but it is the honest truth... A 6-class after-school intramural program was offered at a cost of $20 per student. I had over 75 enthusiastic students pay for the privilege. Parents were pleased with the low cost... My budget for the year had tripled due to over $1,500 raised by the program, which the kids really did enjoy."*
>
> **— Doug Bierzychudek, Physical Education Teacher, Dutch Creek Elementary School (Jefferson County Public Schools)**

> *"This letter is to express my sentiments about the Mile High Karate program that came to Skyview Elementary School. I believe their program was great for our students. This was also a very easy fundraiser... I was impressed with the instructors' ability to manage 60 kids who all seemed to be actively engaged in a sequential experience of appropriate skill development."*
>
> **— Travis Crouch, Physical Education Specialist, Skyview Elementary School (Adams 12 Five Star Schools)**

> *"We have combined the core of the Mile High Karate program strengths — bullying, ABC's of conflict avoidance, and self-defense skills — with our own Positive Behavioral Support program. It has been a great marriage... At present we have raised over $2,000 for our PE department."*
>
> **— Francis Cutty, PE Instructor, Pinnacle Charter School**

> *"It is truly a pleasure to have someone who not only teaches about honor, respect, and positive self-image, but also lives it out in their life. Our students know that you practice what you preach... Your gift of your time, and seeing our need and acting upon it, both speak highly of your generosity and selflessness. We look forward to working with you for many years to come."*
>
> **— Roy C. Sutton & Chris Dondelinger, PE Department, Broomfield Heights Middle School (Boulder Valley School District)**

> *"As a PE Teacher for the last 11 years, I have seen fundraising programs come and go. Usually, there is too much work and too little payoff... I highly suggest that if you are in need of PE monies (and who isn't?), you should contact Matt and Sean. These guys run a first class operation, do all the work, and they are great with the kids!"*
>
> **— David E. Dotson, MA, PE Teacher, Wyco Drive Elementary, Northglenn (Adams 12 Five Star Schools)**

> *"Thank you for coming to Stukey Elementary. We loved the After School Program that you did. It was amazing! The kids that you taught were awesome. They improved so much over the three-week course. And all of the other teachers found an improvement as well. On behalf of Stukey Elementary, thank you."*
>
> **— Mrs. Nazaryk, Physical Education Teacher, Stukey Elementary (Adams 12 Five Star Schools)**

These letters are reproduced here in the words of the PE teachers, principals, and administrators who wrote them — we're happy to provide copies of the originals on request.

What Families Say

These testimonials come from Mile High Karate families and program partners over our 43 years of teaching in the Denver metro area — the same instructors, philosophy, and character curriculum we bring into your school.

> *"After starting Karate, Megan developed the attitude that she would not be held back due to age or size. During 3rd grade, Megan went from reading just below grade level to reading above it within a few short months. I truly think that the confidence she fine-tuned with Mile High Karate helped her achieve that goal."*
>
> **— Tawnya Bennett, Jr. Buyer at Metro Wastewater, Westminster, CO**

> *"We were looking for something to keep our son from beating up his sister. Thanks to Stephen Oliver's Mile High Karate, he's now a model student; he won't hit anyone. His teacher can't say enough good things about his behavior. He's become a leader in class."*
>
> **— Stan & Laurie McKinnon, Highlands Ranch**

> *"Right away, my boy started taking pride in what he was doing. He loved getting control of his body physically and emotionally. He also got frustrated easily. Now he can tame his frustration and be glad about it."*
>
> **— Lorenzo Trujillo, Ph.D., J.D., Arvada**
>
> *Dr. Trujillo is also the former Jefferson County / Adams County senior administrator who co-developed this program's curriculum with Stephen Oliver.*

> *"My son, Nick, started when he was 7 years old. Now he's 18, a 3rd Degree Black Belt and Senior Instructor. I am continually amazed at the tremendously positive effect that Mile High Karate has had on his confidence, self-esteem, and self-direction. He now is a tremendous public speaker and has confidence in front of large and small audiences."*
>
> **— Ron French, Littleton**

In Their Own Words: Students on Focus and Respect

> *"My mom says that it has helped me be a good student. I am always the first to volunteer, and always have my hand up first to partner up. I am not afraid to talk in front of people, and to introduce myself to, and speak to adults."*
>
> **— Turner B., age 5 when he started**

> *"If I break things into smaller goals, the goals are easier to reach." Eric struggled with severe speech issues starting Kindergarten and low test scores. On his last test of the year, he got 100% — and went on to make honor roll all four quarters.*
>
> **— Eric M.**

What Parents Are Saying

Lightly edited for length from real, current reviews on our public Google Business profile — parents of the children in our program, in their own words. Full reviews are visible to anyone who looks us up online.

> *"I was a student at MHK when I was a kid and the life lessons I learned stuck with me as I got older. When I became a parent, I wanted my son to have those same life lessons — not just confidence, but the discipline and work ethic."*
>
> **— Mindy Davis, Google review · 5 months ago**

> *"My kiddos have been doing karate at Mile High for almost 2 years. My husband and I finally joined and are on our third class, and my body has never felt so amazing! All of the instructors are awesome — my kiddos really enjoy Mile High Karate!"*
>
> **— Lindsey Griffin, Google review · 1 month ago**

> *"This school is quite magical! It teaches and propels the students' minds toward positive outcomes in many situations. The community and family feel authentic and genuine. My nephew is learning that he has a voice and how to defend himself."*
>
> **— Charles Cordier, Google review · 6 months ago**

> *"The best decision we made for our sons. Consistent character, leadership, and personal development. Sustained athletic and intellectual growth. Owners and adult leaders who genuinely care about your kid."*
>
> **— Elizabeth Galentine, Google review · 5 months ago**

> *"Absolutely love this place, and so does my son! My son is on the spectrum and has had vision issues that affect his balance and coordination, and he had been in physical therapy for a couple of years prior."*
>
> **— Joshua Atencio, Google review · 2 years ago**

> *"Mile High Karate has been amazing. We enrolled my 6-year-old because he desperately needed some focus. In the last six months he has shown incredible changes — at the same time, he absolutely loves being there."*
>
> **— Michael Brace, Google review · 2 years ago**

> *"Wonderful school! They not only teach martial arts, they help parents raise good human beings; you can quickly see the impact of their great teaching reflected at home."*
>
> **— Noelia Quiroz Serrate, Google review · 2 years ago**

> *"MHK has done amazing things for all three of my children. All three of them (13, 8, and 5) have begun to excel in school and around the house. The instructors genuinely care about each and every student."*
>
> **— Andrea Falkfino, Google review · 7 years ago**

> *“My son started taking karate at MHK Thornton two weeks before he turned 5 years of age. The staff has been nothing but outstanding in guiding my son into the young man I see today — he's now 10 years of age.”*
>
> **— Jennifer Wing, Google review · 5 years ago**

> *“We love MHK! They have become like family for the past eight years. My daughter started when she was 6, and I couldn't imagine where we'd be without karate. They have helped all of us grow both physically and personally.”*
>
> **— Kadee Kline, Google review · 5 years ago**

> *“Our daughter has been going here for over a year and loves the teachers and students. They teach ethics and confidence along with karate. She eats better, does chores, and has improved in school.”*
>
> **— Holly Murry, Google review · 10 years ago**

> *“So far Mile High Karate has been a great experience. My now-9-year-old son has greatly improved his motor skills as well as his emotional management. The key is to trust the method — in the end, the results are very worth it.”*
>
> **— Daniel Almaraz, Google review · 2 years ago**

> *“This place is amazing! My daughter went to another school and I am just shocked by how much better MHK is. They teach so much more than moves — they teach life skills, leadership skills. Invaluable.”*
>
> **— Theresa Dotts, Google review · 9 years ago**

> *“The staff is supportive, friendly, and knowledgeable. Mile High Karate has really helped my daughter with her self-confidence.”*
>
> **— Jason Hill, Google review · 2 years ago**

> *“This place has been great for our son. Ever since we got him into their classes, he has excelled in school and as a person!”*
>
> **— Dj Heinrich, Google review · 7 years ago**

This is a small sample of the feedback we receive continuously from parents across the Denver metro area — spanning families brand-new to our program and families who have been with us for a decade or more.

Real Stories: The After-School Program in Action

This is exactly the kind of story this package is about — a family whose very first contact with Mile High Karate was a flyer sent home from their child's elementary school.

It Started With a School Flyer

> *"In February 2015, Mile High Karate visited my daughter's school, Silver Creek Elementary. Sara was 9 at the time and in 3rd grade. She brought home a flyer and said, 'Mom, I want to do Karate!' It was a 3-week class for $20, so I said, 'Sure, why not?' I had no idea that my life was about to change forever."*
>
> **— Carly Hallock, parent, Silver Creek Elementary family (Adams County)**

Sara's after-school class was just the beginning — she asked to continue, and eventually her mother joined her on the floor too, going on to earn a black belt of her own alongside her daughter.

> *"After Sara's 3-week class, she wanted to continue, so we signed her up... After a few weeks, she begged me to get out on the floor with her. My response was, 'No way, totally out of my comfort zone.' ...About halfway through the class, I started to have fun and enjoy myself!"*
>
> **— Carly Hallock, parent**

What It Meant for Sara — In Her Own Words

> *"Karate has made me more focused. I always had trouble staying focused in school... Now it is easier to listen in class and get homework done. I am also more focused at home so I get my chores done faster and take responsibility for mistakes without making excuses. I am much stronger now... PE at school is much easier because I am much stronger and don't get tired as fast."*
>
> **— Sara H., age 9 when she started at Silver Creek Elementary**

Sara's family's experience is exactly the outcome this program is designed to produce for your students: better focus in class, better follow-through at home, and — as PE teachers will especially appreciate — measurably better physical stamina in gym class itself.

In Their Own Words

More excerpts from student and parent essays written for our own black belt program — the same students, families, and instructors behind every school program in this package.

> *"My daughter Amanda and son Matthew had been receiving flyers at school regarding the after-school karate program. They each said that they thought karate was cool and wanted to join... Seeing all of the students and the feeling, the energy, and the atmosphere, Amanda and Matthew both wanted to continue training beyond the after-school program."*
>
> **— Steve Trujillo, parent**

> *"I never expected that I would train in martial arts... After quite some time being bored out of my mind on the benches, I took the opportunity for moms to train free and started with my middle son... I am in the best shape of my adult life, and I continue to surprise myself with what my body can do."*
>
> **— Sarah Puckett, parent**

Students on Respect, Confidence, and Discipline

> *"I used to be that person who sits around all day and did not exercise except for P.E. ... Karate has helped me build physical strength, increase my emotional intelligence, and it has taught me how to handle difficult situations."*
>
> **— Xavier C.**

> *"Karate has helped me do more than I thought that I could, both physically and mentally. It has shown me how respectful I have always been and why it is so important to show respect to not only others, but to myself as well."*
>
> **— Dominic C.**

> *"Karate has taught me strength and power. I have learned power by training to master my techniques and persevering through tests... I have learned that karate is a combination of both strength and power."*
>
> **— Bryce M.**

> *"Thanks to karate I am much more disciplined. I had become a better person by learning respect, discipline, and I learned to become a nicer and more focused kid."*
>
> **— Matthew T.**

> *“Before I started karate I was a troubled kid in the second grade with no respect. Something had to change. Then I received a flyer about the Mile High Karate after-school program... Karate has given me courage, strength, and stamina. Karate has given me the confidence that I can reach any goal that I set for myself.”*
>
> **— MaKenna B.**

> *“I joined Mile High Karate because they came over to my school for an after-school program, then I joined permanently... Mile High Karate has taught me very valuable lessons. The first lesson I learned was the ABC's of conflict avoidance: avoid potentially dangerous situations, be calm and breathe, communicate with confidence, don't make the situation worse.”*
>
> **— Jordan G., age 12**

> *“Karate has done a lot for me in the manner that it has made me a calmer person. I have learned how to be calm and breathe, and how to be a better listener... it conclusively helped to keep my grades up due to the intent to promote.”*
>
> **— Jace G.**

> *“One of the biggest things that karate has helped me with is to be just an overall better person... Another important thing that karate has shown me to do — and that everyone should really do — is to be kind to people and treat others as you would like to be treated.”*
>
> **— Dominic M.**

> *“I joined Mile High Karate so we as a family can participate in karate and start this journey as a family... Mile High Karate has taught me that I can do anything I set my mind to.”*
>
> **— My Trujillo, parent**

Sample Materials — Provided at Our Expense

Every student receives a daily homework page tying each lesson's character theme to something they can practice at home the same day. Below are two actual pages from our current program — all printing, design, and distribution is handled by us at no cost to your school.



Clean Your Room!

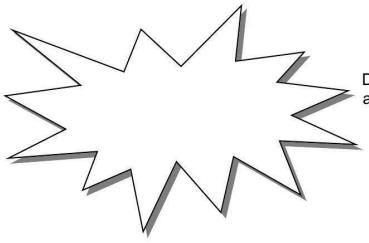
Mom and Dad like to see a tidy, clean bedroom. To earn your stripe, we would like you to surprise them and CLEAN YOUR ROOM, before they ask you to. Being responsible for our things is another important rule of martial arts. Taking care of your possessions is another form of respect. How many stripes have you earned so far?

TO EARN YOUR STRIPE

Clean your room without having to be asked. Politely ask Mom or Dad to write a short note, telling us about it. We look forward to handing out stripes next class, so get it done

DO IT THE FIRST TIME!

Mom and Dad have probably complained when they have had
To ask you to do something more than once. Maybe they even
Had to ask three or four times. Try doing chores, homework
Or anything the first time they ask.



TO EARN YOUR STRIPE

Do it the first time without having to be asked. Then ask Mom or Dad to write a note and tell us about it. We look forward to seeing you at graduation with all those stripes!

The Full Six-Lesson Framework

Here is the complete list of character assignments given to students over the course of the program, all on one page — the same sheet sent home with students and parents.

These are a list of the assignments that we will be giving the students attending the After School Program :

1) SHOW RESPECT Call your parents "yes sir" and "yes ma'am" for the whole week. Be extra polite. Say "I love you" at every opportunity, especially when they do something nice for you.	2) RESPECT FOR TEACHERS Go out of your way to show respect, and appreciation for your teachers. Focus your eyes, mind, and body; and say	3) CLEAN YOUR ROOM Clean the whole house! Every room should have your personal touch! Your room should be perfect! Clothes off the floor, toys organized, bed made!
4) THANK YOU "I LOVE YOU" Always show your affection and respect for your parents as often as possible. "Thank you" and "I love you" should be part of your daily courtesy rituals. Make mom and dad feel appreciated.	5) DO IT THE FIRST TIME... Do the things you need to do, without being asked. Dress yourself, take care of your own duties and responsibilities without your parents having to say anything! WOW!	6) GO ABOVE AND BEYOND Do something to help your parents when they least expect it! Do something extra special, that you don't ordinarily do. Set the table, help with the chores, be creative!

*** Attitude stripes will be given for each task effectively completed over the period of one week. **Students must bring a note (written and signed by their parents) describing how each task is accomplished.** A Special Graduation at the Karate School will be held to celebrate each student's accomplishments.

Frequently Asked Questions

Quick answers to the questions Principals and PE Teachers ask us most.

Does this cost my school anything?

No. We provide the instructors, materials, homework hand-outs, and awards at our own expense. There is no fee to your school, and no effort required beyond distributing flyers and collecting registration forms.

Is participation required for every student?

No. The after-school program is entirely optional and non-commercial. Students who don't participate are not affected, and there is no pressure on any family to enroll or continue beyond the program.

Who actually teaches the classes?

Our own certified Black Belt instructors — the same instructors who lead classes in our Mile High Karate schools — volunteer their time to teach in your gym.

What about liability and insurance?

We carry full and complete insurance coverage for the program, protecting your school and district from potential liability. Registration and permission forms (see the sample later in this package) are collected for every participating student.

How much staff time does this require from us?

Very little. Your role is generally limited to sending flyers home, providing gym space and time, and collecting completed registration forms — we handle instruction, materials, and homework hand-outs.

What ages or grades is this for?

The program is designed for K-8 students and has been taught successfully in elementary and middle schools throughout the Denver metro area.

Can our PE department use this as a fundraiser?

Yes — this is one of the most common reasons schools bring us in. The typical $30 program fee is retained 100% by your school or PE department for whatever special needs you have.

What if we only want a short preview, not the full program?

That's an option too. Our Gym Teacher of the Day preview class runs anywhere from 15 minutes to a full class period, with no commitment beyond that single session.

How do we get started?

Call or text 303-280-1839 (ask for Amanda or Stephen) to check available dates. We recommend scheduling several weeks ahead of your target start date.

Registration & Permission Form

Ready to place in your front office or send home with students. All lines must be complete for a child to participate.

AFTER-SCHOOL ENRICHMENT PROGRAM — STUDENT REGISTRATION

Student Name: _____ Age: _____ Date of Birth: _____

Address: _____ City: _____ Zip: _____

Home Phone: _____ Cell Phone: _____

E-mail: _____

Mother's Name: _____ Father's Name: _____

School: _____ Teacher / PE Teacher: _____

PAYMENT

Enclosed: $30 check made payable to the school (100% of this fee is retained by your school / PE department). □ Check enclosed □ Cash enclosed

LIABILITY WAIVER

I agree that I shall hold Mile High Karate, Stephen Oliver, and all employees, instructors, and/or agents of the above harmless from any liabilities arising from instruction and/or participation in any activity on the premises owned or leased by any of the above. I give permission for my child to participate in the After-School Enrichment Program described in this package.

Signature: _____ Date: _____

OPTIONAL — I would like more information about:

- □ Ongoing classes offered at Mile High Karate
- □ Stranger Safety / Bully-prevention classes
- □ Family classes

Next Steps

We'd like to get a program on the calendar for your school as soon as it works for you — fall, mid-year, or end-of-year timelines all work.

1. Call or Text

303-280-1839 — ask for Amanda or Stephen

2. Pick a Format

A quick Gym Teacher of the Day preview class, the full six-class after-school program, or both.

3. We Handle the Rest

Instructors, materials, homework hand-outs, registration forms, and insurance are all provided at no cost to your school.

Stephen Oliver, MBA · 10th Degree Black Belt, Master Instructor
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