MARTIAL ARTS PROGRAM

$20.00 PER MONTH
EVERY MONDAY & WEDNESDAY
6PM TO 8PM

Eligibility:
Between 5 to 18 Years Old
Obtain a Sports Physical Exam
GPA of a 2.0 or Higher

Location:
Rampart Police Station
1401 W 6th Street, Los Angeles CA

FOR MORE INFORMATION CALL
213-484-3052
Officer Washington, Executive Director
Martial Arts Program Overview

About the program

* Martial arts builds confidence and self-esteem as well as self discipline and respect.
* Martial arts combines physical and mental practices allowing youth to flourish.
* Many do not realize this, but it is a fact that martial arts training is safer than most school sports.

Mission

* The purpose of the LAPD Rampart martial arts program is to help instill discipline and leadership skills in the participants of the program.
* The martial arts program seeks to maximize the student’s personal, scholastic and life potential. Each student is required to bring their report cards from school when requested. Generally students are required to bring their report cards to class on a quarterly basis for our review. This allows the executive director, the professor and the sensei’s of the program to give each student the needed attention to flourish not only in our martial arts program, but in the classroom as well.

Eligibility

* Participants must be between the ages of 5-18 years of age.
* Participants shall maintain a “C” average in school
* Participants must obtain a physical for medical clearance to participate
* Participants shall have no record of serious arrest or convictions

Benefits

* Participants will benefit from martial arts because of its structured training techniques.
* Participants will also benefit from the discipline aspect the program provides

How to join?

* Come by the Rampart Community Relations Office and pick up an application.
* Classes are Mondays and Wednesdays from 6:00 pm to 8:00 pm. Applications are available during each class session also.

Police athletic league Officer in charge

* Officer Washington (Executive Director of Programs)
  213-484-3052 or 213-484-3068