



Free martial arts camps for children during the forthcoming school holidays are run by Hoshin Jutsu, an organisation started by Rose and Geoff Smith.

The three-day camps are especially directed at low income families who cannot afford child care or activities during the school holidays.

Hoshin runs regular classes for children and adults at the Avalon Recreation Centre.

It will also shortly restart a free STRIKE course for teenagers on Friday nights, aiming to counter

Martial arts helps kids against bullies

anti-social behaviour by youth on the streets.

The holiday camps focus on self-confidence, dealing with bullies, nutrition, child safety and teaching children to say no to inappropriate behaviour from adults.

The classes emphasise core values of respect for

self and others, sportsmanship, kindness and good manners. Hoshin also raises funds for students to help with uniforms, study, counselling, etc.

The organisation also founded the Red Belt Challenge, a programme to help people give up drugs.

Some of the Avalon students have been chosen to demonstrate at the National Annual Jujutsu Seminar this year – the first time children will have demonstrated at this event, attended by black belts and senior students from all over Australia and New Zealand.

Bookings are now being taken for the school holiday camps in October and next January.

Adults are currently being offered a free, four-week training programme and a 12-week fitness challenge with a chance to win \$1,000.

Hoshin Jutsu runs classes on Monday, Wednesday and Friday at the Avalon Recreation Centre. Phone 0416 131 325 for details or visit www.hoshin.com.au.

