

Martial Arts Plus Home Education Enrichment Program

A Step Up For Students Approved Home Education Instructional Program

Martial Arts: Culture, History, & Leadership

Program Overview

Martial Arts Plus offers a home education instructional program designed specifically for home education (FES-UA) and Personalized Education Program (PEP) scholarship students. Our program is delivered on-site at our physical facility and is not offered online. Courses and seminars are designed to enhance and enrich each student's home education curriculum through martial arts history, culture, leadership, and physical wellness.

Our program is open to home education and PEP scholarship students in elementary, middle, and high school. Parents may select our program as a component of their child's parent-directed sequential course of instruction, in the areas of physical education, character development, health/nutrition, and enrichment electives.

Courses & Seminars Offered

Students participate in weekly classes and periodic seminars covering:

- History of Martial Arts — origins and evolution of martial arts traditions across cultures, and their role in world history.
- Famous Martial Artists — biographical study of influential martial artists and the character traits and discipline that shaped their achievements.
- Martial Arts in Film & Media — critical viewing and discussion of martial arts in film, media literacy, and cultural representation.
- Nutrition & Fitness Science — the science of physical fitness, healthy nutrition habits, and how the body responds to training.
- Leadership Training — goal-setting, communication, conflict resolution, and leadership skills built through a structured belt-rank mentorship model.

Alongside these enrichment seminars, students receive hands-on martial arts instruction (technique, forms, and sparring fundamentals appropriate to age and rank) that reinforces the discipline, focus, and physical activity standards central to the program.

Program Benefits by Grade Level

Elementary (Grades K–5)

- Builds gross motor skills, coordination, and body awareness through age-appropriate martial arts drills.
- Introduces basic history and geography concepts through the origins of martial arts traditions.
- Develops listening skills, self-control, and respect for instructors and peers.
- Encourages healthy movement and nutrition habits at a formative age.

Middle School (Grades 6–8)

- Deepens historical and cultural understanding through study of notable martial artists and traditions.
- Strengthens critical thinking through media analysis of martial arts in film.
- Builds physical fitness literacy, linking nutrition science to athletic performance.
- Develops early leadership skills through peer mentorship of younger students.

High School (Grades 9–12)

- Provides structured leadership training applicable to college applications, resumes, and future careers.
- Encourages independent research and discussion around martial arts history and biography.
- Supports physical education credit through consistent, documented physical activity.
- Prepares older students to serve as junior instructors, building public speaking and teaching experience.

Program Details

Program Type	Home Education Instructional Program (FES-UA and PEP eligible)
Format	In-person, on-site instruction (not offered online)
Location	[Martial Arts Plus facility address]
Eligible Grade Levels	Elementary, Middle, and High School (K–12)
Business Organization	Martial Arts Plus / Afterschool Innovations, Inc.

Tuition & Fee Schedule

The following published fee schedule applies to all home education students enrolled in the program:

Fee	Amount	Frequency
Tuition	\$85.00	Weekly
Registration Fee	\$75.00	Every 6 months
Outside Activity Fee	\$50.00	As needed (educational field trips)
Materials & Uniforms	\$75	Quarterly

Outside activity fees apply only when a specific educational field trip is scheduled and are communicated to families in advance of the activity.

Enrollment

Home education and PEP scholarship families interested in enrolling should contact Martial Arts Plus directly to schedule a program orientation and complete registration. Course and activity descriptions, along with this fee schedule, are available upon request for family review prior to enrollment.

