

What Rock and Water is NOT:

Learning how to fight

Learning a martial art

**A place to beat up people or be
beat up**

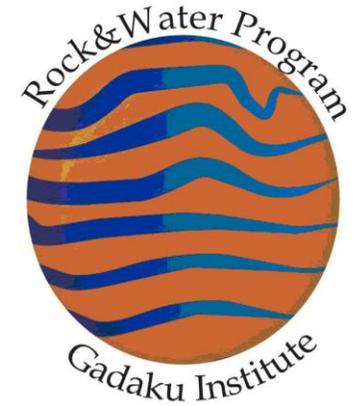
**Although there is a physical part
to Rock and Water there is also
talking and limited reading and
writing.**



***"If you lose your grounding you
lose your balance.***

***If you lose your balance you lose
your self control.***

***If you lose your self control you
risk losing everything"***
(Brian Hayes '11)



Self Confidence

Self Control

Self Respect



What is Rock and Water?

Rock and Water uses a combination of talking and physical activities based on martial arts techniques. It is suitable for young people who want to work on their self confidence, self control and self respect.

Rock and water teaches you the uncompromising, steady rock attitude- and when to best use it, the flexible and adaptable water attitude- and when to use it.

It talks about what to do if confronted with a fight and how to manage yourself without getting into trouble.

It improves your communication, gives you skills and more options when thinking about how to manage your anger.

When?

**Youth Health, Ground Floor,
38A Pacific Hwy, Wyong
Thursday afternoons 3:30-4:30pm
October 13th- December 15th**

What to wear?

Loose clothing/ gym gear

Cost?

FREE

Is this for me?

If you want to become stronger and more skilful; learn how to cope with conflicts and aggression; learn a number of social skills; learn how you can develop your qualities to the maximum; gain more insight in and control over your body, your emotions and thoughts in a fun, interactive environment then YES! this is the program for you.

What does Rock and Water teach?

Confidence

Self esteem

Mental Strength

Concentration

Communication

Dealing with bullies

Getting strong

Using your inner

voice/feelings

Finding your way

***Dealing with a threatening
group***

Sexuality