

Have a Happy Halloween

Trick or Treat like a Black Belt



Our Top Safety Tips

Although you and your child may not train in martial arts yet, here are some ways to stay safe this Halloween.

- Use reflective material, bright colors or glow-sticks
- Make sure you can see out of your mask
- Allow parents to inspect all candy once you get home
- Wait until you get home to eat candy
- Avoid anything that is homemade or not in a wrapper
- Never go alone; go in groups, preferably with an adult
- Stay in a familiar neighborhood with a safe 'Home Base'
- Avoid dark streets, unlit homes, backyards, and alleys
- Carry a flashlight or glow-stick with you at all times
- Trick-or-treat between 5:30pm-9:30pm
- Never enter anyone's car or home NO MATTER WHAT
- Stay in clear sight of your parents or adult who is with you
- Look both ways before and while you cross the street
- Don't run, walk! Don't leave fellow trick-or-treaters behind