

Karate-do & Character Development Initiative

Free after-school karate, jujitsu and character development for 75 West Philadelphia youth, from elementary through high school.

An independent, grassroots after-school program that combines martial arts instruction with required homework time and social-emotional leadership development, at no cost to families.

Classes begin Monday, April 19, 2027.

THE NEED

- The 3-7 PM window. Juvenile incidents in West Philadelphia spike right after school dismissal. Without structured local programming, many children are unsupervised while parents work.
- Cost keeps kids out. Private martial arts in Philadelphia averages \$150-\$200 a month before uniforms and testing fees. In several West Philadelphia tracts, the poverty rate is 30-40%.
- Stress without an outlet. Young people carry neighborhood trauma and academic pressure with few healthy outlets. Active programs like karate teach breathing, emotional regulation and discipline.
- Few safe places to move. Many parents keep children indoors after school because of safety concerns about local parks, which costs kids fitness, coordination and confidence.

SCHEDULE: MONDAY, WEDNESDAY & FRIDAY, 3:00-7:00 PM

3:00-4:00 PM	Arrival, check-in and a nutritious meal (All ages)	A calm, predictable transition from the school day
4:00-5:00 PM	Tier 1: Elementary School (Ages 6-10)	Focus and motor skills
5:00-6:00 PM	Tier 2: Middle School (Ages 11-13)	Self-regulation and peer dynamics
6:00-7:00 PM	Tier 3: High School (Ages 14-18)	Leadership and de-escalation

EACH STUDENT'S SESSION

- Decompression & Nutrition. Students arrive from school, check in, and receive a healthy meal.
- Academic Power Hour. Required quiet study and homework time, with tutoring support, before any student steps onto the mats.
- Dojo Session. Shotokan karate training led by certified instructors: traditional forms (kata), physical conditioning and defensive techniques (kumite).
- Character & Leadership Circle. Group discussion of the Value of the Month (discipline, respect, perseverance, integrity) and how to apply it at home and in the neighborhood.

WHERE

Calvary Center, 801 S. 48th Street, Philadelphia, PA 19143. Lower level. Use the side door.

TARGETS FOR YEAR ONE

Goals the program will be measured against over its first 12 months, not past results.

- 85% show stronger emotional self-regulation. Measured by: Devereux Student Strengths Assessment (DESSA), pre- and post-program
- 80% average weekly attendance. Measured by: Check-in records, reviewed weekly
- 90% advance at least two belt ranks. Measured by: Practical rank examinations by certified Shotokan instructors, quarterly
- 80% reduction in behavior infractions at home. Measured by: Parent/guardian feedback surveys, mid-year and end of year

BUDGET: \$25,000 FOR 12 MONTHS, 75 YOUTH

Instructional staff	Certified martial arts instructors and youth mentors	\$12,000
Equipment & gear	Student uniforms (gis), belts, protective sparring gear, safety mats and training targets	\$6,500
Facility & utilities	Dedicated space rental, liability insurance and maintenance	\$4,500
Administration	Registration software, student progress tracking and community outreach materials	\$2,000
Total		\$25,000

THE ASK

A \$25,000 grant funds the full first year at no cost to families. We are also raising \$10,000 from neighbors, businesses and sponsors to build a fund for the years after. The full proposal is available on request.

CONTACT

Neighborhood Center for Youth Development · 501(c)(3) nonprofit · EIN 23-2303864

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ncyd-karate.org

"Train up a child in the way he should go, and when he is old, he will not depart from it." Proverbs 22:6