THE PROGRAMME

# One child, eight years

Seven things, delivered together every week, that take a child from the street to a black belt and into adulthood
Take any one away and the others stop working. Together they change the direction of a life.

### Rescue and rehoming

Lost, abandoned and homeless children are found, placed in shelters and rescue centres, and where possible returned to family and school.

### Food programme

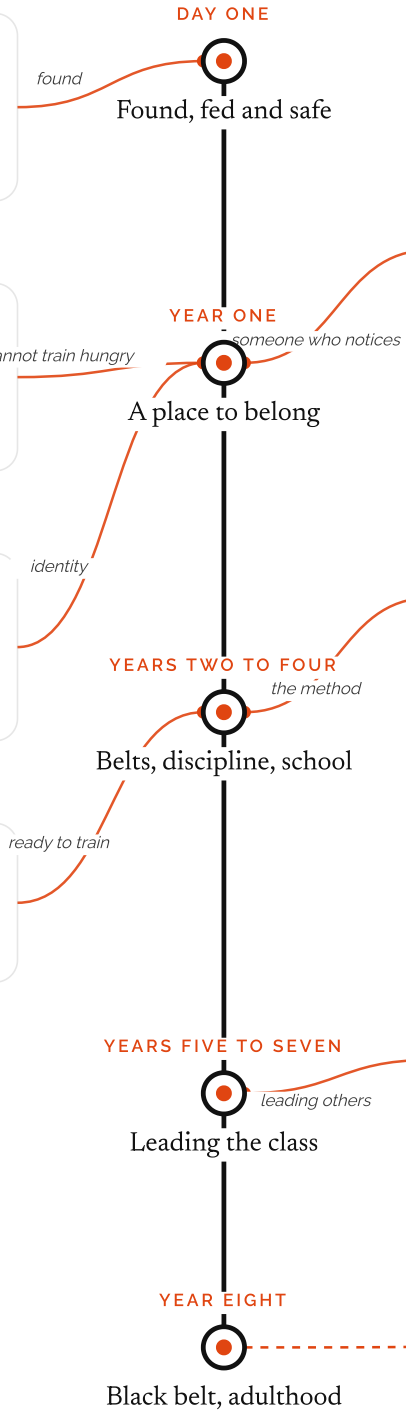
Every new school gets it. A child cannot train, or learn, hungry. Breakfast and lunch on training days, all year, holidays included.

### Clothing and uniform

A uniform and a belt to earn. For many it is the first thing that has ever been theirs. Identity, pride and a reason to turn up.

### Hydration and electrolytes

Clean water and electrolytes on training days, in heat that would stop most adults.




### Mentors and social care

Local instructors and house parents who know the child's name, notice when they are missing and walk them through the hardest years.

### Character through martial arts

The core of everything. Weekly classes in discipline, respect, resilience and courage, graded belt by belt over eight years. The same system used by The Warrior Academy.

### Leadership development

Senior students lead warm-ups, then classes, then become assistant instructors. The best go on to teach the next thousand children.

WHAT CHANGES

**Off the street**
and into a shelter, a school and a routine

**Fed and in class**
attendance goes up within weeks of the first lesson

**Belt by belt**
confidence earned, not given, over eight years

**A leader**
who teaches the next class. That is how 30 became 15,000

Around 15,000 children a week · Kenya, Uganda, Nigeria, Nepal, Pakistan and Brazil · free of charge · thebatesfoundation.com