



# **MONDAY MOTIVATION VIDEO: Child safety message for your kids**

by Master Rich Grogan Kick'n-Life Guru of Grogan's Academy of Martial Arts  
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**EDWARDSVILLE - Master Rich Grogan Kick'n-Life Guru**, owner and instructor of [Grogan's Academy of Martial Arts](#) has set a mission in life to enhance the youth for a better tomorrow.

"Our purpose is to help kids & adults live their best possible lives for a happier, healthier and safer tomorrow," said Grogan. "We are a one of a kind life skills & character development academy, specializing in positive motivation, physical fitness and practical self-defense!"

Grogan and his staff offer classes and strategies to not only teach self-defense, but build character, develop self-esteem and confidence and instill discipline.

*"We teach the tools to be a buddy, not a bully!"* - [grogansmartialarts.com](http://grogansmartialarts.com)

Each week, Grogan publishes a video blog for his followers to learn and live by.

This week, Grogan talks about the importance of making sure kids know what to do when approached by a stranger. To help relay this important message, Grogan brought in his buddy Emmitt for assistance.

[See video below for Grogan's Weekly Blog:](#)