

## **Kids love our programs!..and their parents do too!**

Our focus is on building strong bodies, minds and spirits, as well as developing character, compassion, and humanity in our martial arts program. Classes are fair, fun, exciting, and above all- safe. Students are separated by age and level of ability with contact and non-contact classes available. Martial arts is the best life insurance you can give your child!

### **This Program Focuses On:**

- Balance and Coordination
- Strength and Flexibility
- Self Defense and Awareness
- Personal Growth and Achievement

### **Optional Classes to Complement This Training:**

- Sparring
- Grappling
- Self Defense
- Tai Chi
- Weapons Programs

### **Age Groups:**

- Tigers (5-7 years)
- Juniors (7-11 years)
- Pre Teen (11-13 years)
- Teen (13-17 years)

\*These ages are an average of class composition and should only be used as a reference point.



