

FREE ONE WEEK MARTIAL ARTS CLASS

KARATE – JUDO- JUJUTSU

Presented by Core Martial Arts & Fitness



Separate classes for ages 6- 10 and 10 & Up

Fitness One Building – Studio A

250 Old Kings Rd S

Flagler Beach, FL 32136



COREMAF.COM

For more information email coreinfo@att.net or call 407-920-4001

BENEFITS

Self Confidence, Self-Control, Discipline, Peace of Mind, Perseverance, Social Interaction, Improve Concentration, Respect for Self and Others, Healthy Competitiveness, Physical Fitness, Improve Flexibility, Improve Reflexes, Improve Coordination

SKILLS LEARNED

Social Skills, Goal Setting, Emotional preparedness, Street awareness, Response Options, Techniques to Avoid Confrontational Situations, Fluency, Speed, Accuracy, Balance, Control of Power, Follow-through, Fighter's reflex, Blocking Techniques, Hand and Leg Striking Techniques, Falls, Throws, Sweeps, Joint Manipulation, Grappling Techniques, Sparring Techniques, Point Sparring, tournament preparedness



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