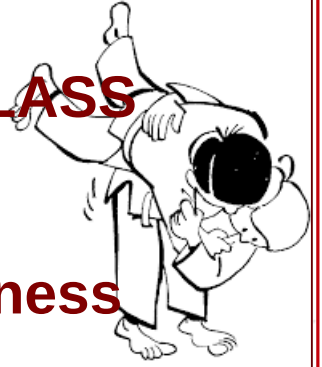


# FREE ONE WEEK MARTIAL ARTS CLASS

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## 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, Speed, Accuracy, Balance, Control of Power, Follow-through, Fighter's Reflex, Blocking Techniques, Hand and Leg Striking Techniques, Falls, Throws, Sweeps, Grappling Techniques, Sparring Techniques, Point Sparring, Tournament Preparedness

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