

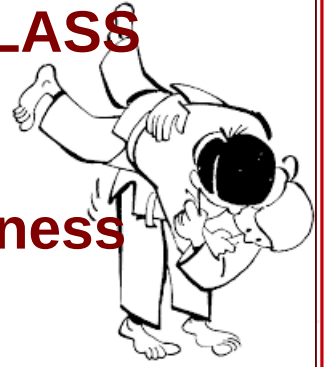
# FREE ONE WEEK MARTIAL ARTS CLASS

KARATE – JUDO- JUJUTSU

Presented by Core Martial Arts & Fitness

Age Specific Classes Beginning at 6 Years Old

99 Old Kings Rd S  
Flagler Beach, FL 32136  
(less than a block from OKE)



**COREMAF.COM**

For more information email [coreinfo@att.net](mailto: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, Speed, Accuracy, Balance, Control of Power, Follow-through, Fighter's reflex, Blocking Techniques, Hand and Leg Striking Techniques, Falls, Throws, Sweeps, Sparring Techniques, Point Sparring, tournament preparedness



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