



# Try a FREE Class on us!

Print pdf file, choose one offer below & bring this with you to your first visit.

## Martial arts is the fitness adventure you want.

Everyone deserves to feel great about themselves. Have real confidence, learn to defend yourself, lose weight, experience real accomplishment.

## We Change Lives!

**One FREE private martial arts class for you and a friend.**

New students only. Ages 4 & up. Parents & decision makers should attend in the event you decide to make confidence and fitness a part of your life.

*FREE Uniform upon enrollment!*

**One FREE Fitness class for you and a friend.**

New students only. Ages 12 & up.

**Tired of trying to squeeze into your favorite clothes?**

We can fix that.