

GET OFF THE COUCH &

IN TO THE GAME



RESPECT DISCIPLINE FOCUS CONCENTRATION SELF-CONTROL

**TURN YOUR
VIRTUAL FUN
INTO
MARTIAL ARTS
REALITY!**

Objective: To be challenged and encouraged to do their personal best.

Skills: LIFE SKILLS such as Discipline, Goal Setting, Confidence, Leadership and Respect.

Finishing Move: Achieving goals, while building self esteem in a fun, safe and educational atmosphere.



OFFER

LOCATION