

# PMAFA KARATE PRESENTS

**Focus**  
**Respect**  
**Discipline**  
**Mentoring**  
**Leadership**  
**Confidence**  
**Self-Defense**  
**Concentration**  
**Personal Conduct**  
**Muscle Strengthening**  
**Weight Control**  
**Coordination**  
**Body Toning**  
**Flexibility**  
**Balance**  
**Fitness**  
**Fun**  
**Camps**  
**Parties**  
**Friendship**

**Try It First**  
 and see why people are choosing  
 Martial Arts training as the  
 best all around solution  
 for youth and adults.

**\$19.95**  
**2 Classes**  
 Includes Uniform

## PROGRAMS

Tang Soo Do Karate  
 Tiny Tigers (Ages 3 to 5)  
 Haedong Kumdo  
 (Korean Sword)  
 Kick Boxing (Muay Tai)  
 Hapkido Self-Defense  
 Leadership Training  
 Black Belt Club  
 Masters Club



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MEMBER OF



**ADULT CLASSES**

**YOUTH CLASSES**

**All In ONE Place!**

**PURE MARTIAL ARTS FITNESS ACADEMY**

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