



Martial Arts for Kids



- **Confidence**
- **Concentration**
- **Dexterity**
- **Strength**
- **Endurance**
- **Flexibility**
- **Self-Discipline**
- **Self-Esteem**
- **Physical Fitness**



Time: 4:30pm - 7:30pm
(Monday, Tuesday, Thursday and Friday)
Small Group Lesson: 5 to 12 kids / class



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