

# **BENEFITS** of Martial Arts

Focus. Kids will concentrate and follow directions on each new task.

Fun! Learning martial arts in an exciting, positive environment is fun for the whole family!

Personal Defense. Simple, effective self-defense gives an advantage against bullies and strangers.

Fitness. Strengthening muscles and increasing power helps children get fit and stay fit!

**#GETATAFIT**



EACH LICENSED LOCATION IS INDEPENDENTLY OWNED AND OPERATED