



# MARTIAL ARTS



**FOR CHILDREN AND ADULTS**

**AGES 10 TO 110 WITHIN THE SPECTRUM**

**CHIEF INSTRUCTOR: SHIHAN FRANK, 6TH DAN BLACK BELT**

**ASST. INSTRUCTOR: SENSEI ALEXANDER, 1ST DAN BLACK BELT**

**OFFERING 2 CLASSES PER WEEK**

- \* LEARN TO PROTECT YOURSELF AND OTHERS.
- \* LEARN TO PUNCH AND KICK, LIKE YOUR FAVORITE SUPER HEROES **“POWER RANGERS, MULAN, TEENAGE MUTANT NINJA TURTLES, SPIDERMAN, FLASH”**
- \* MEET OTHERS WITH SIMILAR INTERESTS AND ENJOY A GOOD TIME.

**WHERE: Kelly Rec Center**

404 Imperial Blvd. Lakeland, FL

**WHEN:** Fridays - 6:30 to 7:30 pm

Saturdays - 10:00 to 11:00am

**MOBILE: (863) 225-3503**

*Our Martial Arts Therapy assist kids and adults on the spectrum with the ability to concentrate and focus their attention in a consistent and highly structured environment.*

*Additionally, parents find that new skills carry over into home and at school. The release of energy in a safe and dedicated environment can bring a child or adult to a new sense of calm. Friendships and brotherhood are formed around a shared activity and that sense of belonging can be the greatest reward of all.*

