



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.

