

**"DEVELOP
your MIND
and BODY!!!"**

**BULLY-PROOF
Your Child!!**

**"Knowledge
and
Physical Fitness
are POWER!!!"**

KICKBOXING-TAEKWONDO-KARATE

1-FREE Try-Out LESSON!!

REGISTRATION begins This WEEK!!!

SAFE-FUN-Friendly Environment

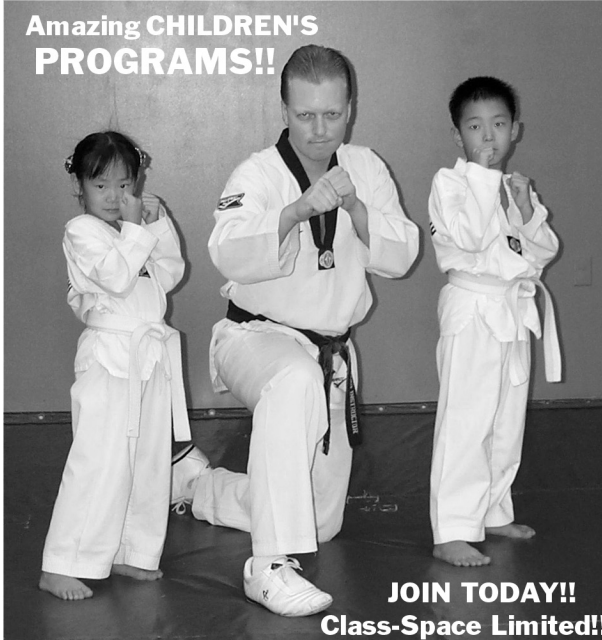
NEW!!!

**Little
Samurai
Program
(Ages 4-6 Yrs Old)**

Call for Class Times



**Amazing CHILDREN'S
PROGRAMS!!**



**JOIN TODAY!!
Class-Space Limited!!**

**"LADIES Let OUR
MARTIAL ARTS CLASSES
EMPOWER YOU!!!"**

Benefits of Martial Arts Training:

**Weight-Control
Self-Esteem
Self-Control
Respect of Others
Discipline
Strength
Flexibility
Endurance
Self-Defense
Leadership-Skills
Courage
Improved Grades**

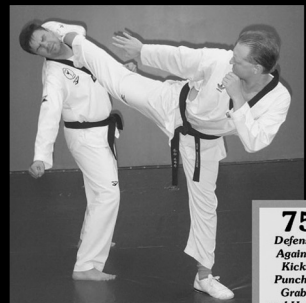
- Tykes (4-6yrs)
- Kids (7-12yrs)
- Teens (13-19yrs)
- Adults (20-65yrs)
- 2 Large Training Areas
- Padded Training Floor
- Showers & Changerooms
- Ample Parking

**"Adam Gibson"
is the only Instructor
in Canada Certified by**

**Bill "Superfoot" Wallace
Undeclared World Kickboxing Champion**

**Learn from
Martial Arts Master
& 3x TIME
International Book Author
"Adam Gibson"**

**ADVANCED
TAEKWONDO:
SPARRING and HAPKIDO TECHNIQUES**



**75
Defenses
Against:
Kicks,
Punches,
Grabs
and Holds!!**

by Adam Gibson

(Certified-Student of Bill "Superfoot" Wallace)

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Mr.Gibson's books at:**

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