



# Almont Student Enrichment Karate

Begins week of January 9, 2017



Students will be introduced to the physical and mental benefits of martial arts training. This is a great class for children who need work on focus, confidence, self-esteem, coordination, and self-discipline and for adults who would like to get some exercise, relieve stress and learn self-defense. This is also a great activity for parents and children to do together. **These 12 week classes are taught by TNT Martial Arts of Romeo and begin the week of January 11, 2016. Participants may attend 1 day per week for all programs.**

**Class Location: TNT Martial Arts  
206 S. Main Street Romeo  
Romeo, MI 48065  
Call 810-673-9165 with Questions**

### **TOT Karate**

#### **Ages 4 - 8**

An age appropriate introduction to the martial arts taught by female instructors in a fun, positive and structured setting. Learn techniques; develop motor skills and self-defense to help keep them safe. A character education curriculum is followed to build confidence, increase focus & enhance listening skills.

Price: \$98 for 12 weeks

Lions, Tigers & Bears - Tuesdays 4:55-5:30 pm  
Thursdays 4:55-5:30pm  
Saturdays 10:00-10:35am

### **Karate (ages 6 – adult all skill levels)**

If you've ever wanted to try Karate, join us for this beginner class and discover the many benefits of the martial arts. Students learn basic blocks, strikes, kicks & stances in a positive environment. Children develop focus, confidence, coordination, & self-discipline. Adults benefit from the stress relief, exercise, and self-defense skills. If this is your first session your first two weeks will be semi-private lessons to introduce you to the basic skills prior to joining the group class.

Price: \$118 for 12 weeks

Monday *or* Wed 7:00 – 7:55 pm  
Tuesday *or* Thursday 5:30 – 6:25 pm  
Saturday 9:00-9:55 am

### **Brazilian Jiu-Jitsu (ages 13 & up)**

Based on grappling and ground fighting. Lean submissions, chokes and joint locks using the concept of leverage and positioning; allows a smaller person to defend against a stronger attacker. Technique & skills learned with a partner in a structured, safe environment.

Price: \$118 for 12 weeks

Tuesday *or* Thursday 7:15 - 8:15 pm  
Saturday 10:00 – 11:00 am

### **Mixed Martial Arts (Ages 13 & up)**

Karate and Kickboxing with the ground skills of Brazilian Jiu-Jitsu. Work with heavy bags, focus mitts and partner drills to develop striking and ground skills. Emphasis is on learning, there will be no sparring or the high risk of injury like there is in a full contact MMA class.

Price: \$118.00 for 12 weeks

Mon 8:00 - 9:00pm

### **TNT Kick Fit (Ages 18 & up)**

A total body low impact work out for men & & women that will help you kick & punch your way to good health. We use exercise bands, fitness dummies, body weight & heavy bags. All fitness levels welcomed. No experience needed. Taught by a female instructor. Morning & evening classes.

Price: \$98.00 for 12 weeks

Monday or Wednesday 8:45am – 9:15 am  
*or*  
Monday or Wednesday 6:30 – 7:00 pm

### **Self Defense (Ages 12 & up)**

Basic, easy to remember techniques taught by a female instructor in a relaxed, supportive atmosphere. Learn safety awareness skills as well as physical defenses against grabs & other assaults. Don't send your kids off to school or college without some basic knowledge to help keep them safe. A great class for Moms & Grandmas and anyone interested in personal protection. One day class.

Price: \$20.00

Thursday, January 26<sup>th</sup>  
6:00 -8:15 pm



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