

This Year, Give the Gift of  
**MARTIAL ARTS LESSONS.**  
The GIFTS that **LAST A LIFETIME!**



the gift of  
**Self  
Confidence**

the gift of  
**Self-  
Esteem**

the gift of  
**Self-  
Control**

the gift of  
**Fitness**

the gift of  
**Focus**

the gift of  
**Goal  
Setting**



**MARTIAL ARTS**  
Lessons  
are a holiday gift  
that is one size  
fits all.

**6**  
**weeks**  
**of classes**  
(one per week)  
**plus a**  
**FREE**  
**UNIFORM**  
**for \$89**

The gift that  
keeps on giving.

No Batteries  
required.

**LIKE US ON  
FACEBOOK**

Call today and we will make a gift certificate for  
your loved ones. 336-282-3000.  
Must start 6 week program by March 15, 2017.