



PROGRAMS



750 WASHINGTON AVE REVERE

TEL: 781-363-6715

SELF-DEFENSE

WORKOUT THAT FIT
YOUR SCHEDULE



PERSONAL TRAINING

DEFEND YOURSELF
PREVENT
SITUATIONS
TAKE CONTROL



MUAYTHAI

PRIVATE FOR ANYBODY WHETHER IT BE
LOSING WEIGHT, TONING,
SELF-DEFENSE, KATA, WEAPONS,
STRETCHING, CARDIO,
OR GENERALLY TO FEEL BETTER ABOUT
YOURSELF!



WORKOUT AND GET
FIT, PROFESSIONAL
TRAINING. YOU WILL
LEARN THE BEST
FIGHTING TECHNIQUES,
ATTACKS, GRAPPLING
AND MANEUVERS.
USED EXTENSIVELY.



KARATE

DRAGON (AGE 4-6)

THIS PROGRAM TEACHES STUDENTS TO:

- * FOLLOWING DIRECTIONS
- * HELPING OTHERS
- * RESPECT FOR EACH OTHER
- * BASICS OF KARATE KYOKUSHIN
- * BLOCKING, KICKING AND HAND STRIKES
- * TEAM WORK

LION (AGE 7-13)

THIS COURSE SHOWS WHAT KARATE
KYOKUSHIN IS ALL ABOUT.

- * DYNAMIC KICKING
- * PRACTICAL SELF-DEFENSE
- * KYOKUSHIN FORMS
- * SPARING TECHNIQUE (LIGHT CONTACT)
- * BOARD BREAKING
- * BASICS OF GYMNASTIC
- * KARATE KYOKUSHIN MOVES AND TECHNIQUE

WE TREAT OUR STUDENTS WITH RESPECT
AND TEACH THEM TO RETURN THE SAME
RESPECT TO OTHERS.

ADULT CLASSES (14 AND UP)

ADULT CLASSES INCLUDE WARM UP
PERIOD; EVERY CLASS IS DIFFERENT AND
CHALLENGING.

- * BLOCKS AND KICKS
- * TECHNIQUE AND FORMS SUPERIOR
- * GRAPPLING
- * SPARING FULL CONTACT
- * SELF-DEFENSE
- * BOARD BREAKING
- * BODY CONDITIONING
- * STRETCHING

TO SIGN-UP
CALL (781) 301 - 1765 OR
EMAIL

GMASKARATE@YAHOO.COM

*MONTHLY TUITION DOES NOT
INCLUDE
UNIFORM, TEST & OTHER FEES

