

PMAFA KARATE PRESENTS

- Focus
- Respect
- Discipline
- Mentoring
- Leadership
- Confidence
- Self-Defense
- Concentration
- Personal Conduct
- Muscle Strengthening
- Weight Control
- Coordination
- Body Toning
- Flexibility
- Balance
- Fitness
- Fun
- Camps
- Parties
- Friendship

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and see why people are choosing
Martial Arts training as the
best all around solution
for youth and adults.

\$19.95
2 Classes
Includes Uniform

PROGRAMS

- Tang Soo Do Karate
- Tiny Tigers (Ages 3 to 5)
- Haedong Kumdo
(Korean Sword)
- Kick Boxing (Muay Tai)
- Hapkido Self-Defense
- Leadership Training
- Black Belt Club
- Masters Club



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ADULT CLASSES

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Derby, CT Tel. 203.368.0773 **Bridgeport, CT**
 49 Pershing Dr., #9 E-mail tsd@pmafa.com 2338 Main St.
 06418 www.puremartialarts.com 06606