

Certifications

The Martial Arts Center is a member of several governing bodies, assuring students and families of top-quality instruction. We teach the physical aspects of self-defense, while stressing the principles of emotional control, self-reliance and personal responsibility. Certification assures you that we live the values we teach.



American Budokai International is one of the most prestigious organizations of its kind. It operates beneath a banner of discretion & professionalism, and is the organization from which we seek rank recognition in both Karate & Jiu-Jitsu. For more information, visit www.americanbudokaiinternational.org



The Martial Arts Center is a recognized member of *The American Budokai Society*. This is an honorary association of Martial Artists held in high regard because of their portrayal of integrity, humility and leadership.



The Pine Tree is the signature for our style of Karate-Do ~ Okinawan Shuri-Ryu. The hidden meanings within the patch include:

- Circle** - Return to the source
- Green** - Everlasting
- Black** - Steadfastness
- Roots** - Body, Mind, Spirit

The Martial Arts Center Class Schedule

Monday Tuesday Wednesday Thursday Saturday

3:30 - 4:15pm Dragon (Basic) *****	3:30 - 4:15pm Dragon (Basic) *****	3:30—4:15pm Dragon (Basic) *****	3:30 - 4:15pm Dragon (Basic) *****	
4:15-5 pm Dragon (Basic) *****	4:15-5 pm Dragon (Basic) *****	4:15-5 pm Dragon (Basic) *****	4:15-5 pm Dragon (Basic) *****	9:45— 10:30 am Dragon (Basic) *****
5-5:45 pm Tiger (Basic)	5-5:45 pm Dragon (INT)	5-5:45 pm Tiger (Basic)	5-5:45 pm Dragon (INT)	10:30- 11:15am Dragon (INTADV)
5:45- 6:30 pm Tiger (INT)	5:45- 6:30 pm Dragon (ADV)	5:45- 6:30 pm Tiger (INT)	5:45- 6:30 pm Dragon (ADV)	11:15- 12 pm Tiger (Basic)
6:30- 7:15 pm Tiger (ADV)	6:30- 7:15 pm Tiger (Basic)	6:30- 7:15 pm Tiger (ADV)	6:30- 7:15 pm Tiger (Blue-Purple)	12-1 pm Adult Karate & Jiu-Jitsu
6:15- 7:15 pm Kick Boxing	6:15- 7:15 pm Kick Boxing	6:15-7:15pm Kick Boxing	6:15- 7:15 pm Kick Boxing	
7:15 - 8:30 pm Adult Karate & Jiu-Jitsu	7 - 8:15 pm Adult Karate & Jiu-Jitsu	7:15 - 8:30 pm Adult Karate & Jiu-Jitsu	7 - 8:15 pm Adult Karate & Jiu-Jitsu	Privates & Birthday Parties

www.TMACenter.com

Classes are separated by
age and experience

Dragon (4-6yrs) ~ **Tigers** (7-12 yrs)
Adult (13 & up)

Toco Hills Shopping Center

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Atlanta ~ GA 30329

Phone 404-315-1040 **Email** TMACenter@aol.com

Karate ~ Ju-Jitsu Kick Boxing

Exercise Improving
the
Body, Mind and Spirit

The Martial Arts Center

*A Smart Approach to
Exercise, Discipline and Healing*

Programs for:
Adults & Children

Self Defense
Fitness Training
Grappling ~ Sparring
Massage

The Flexibility of Yoga...
The Reflexes of Boxing...
The Conditioning of Aerobics...
The Coordination of Gymnastics...
The Muscle Tone of Weightlifting...



Martial Art Programs

KARATE~DO

(Empty Hand)

We teach the authentic art of **Okinawan Shuri-Ryu** which specializes in the methods of blocking, punching, kicking, striking and breathing as forms of self-defense. Shuri-ryu is an application-based system which incorporates the principles of Jiu-Jitsu. The art of ancient weaponry, Kobudo, is also taught as part of this program.

JIU~JITSU

(Gentle Art)

We integrate the Japanese system of **Shinto-yoshin-Kai Jiu-Jitsu** into our adult Karate program. This system emphasizes balance, leverage and sensitivity while learning the aspects of falling, throwing, striking, groundwork, and basic self-defense. The emphasis in Jiu-Jitsu is on grappling — both standing and on the ground — although it is known to be a striking art.

ADULT KICKBOXING

(Wraps & Gloves)

Wraps & Gloves is a highly motivating and intense Kickboxing experience. Our classes are designed to provide a high paced exercise routine involving the fundamentals of American Boxing and Muay Thai Kickboxing. This will be integrated with callisthenic and plyometric exercises for a “leaner and stronger physique”. Our average class helps to burn 500 to 800 calories an hour. Our goal is to help you achieve your fitness goals and learn basic self defense along the way. All of this to an undertone of highly energetic music. Come join us...

空手道

Karate-Do

Welcome to a whole new way of getting fit!

- We will help you get into great physical shape.
- We will bring out the best in you mentally and physically.
- You will learn to defend yourself.
- You will learn how to apply the strategies of the martial arts in all ares of your life.

柔術

Jiu-Jitsu

ADULT PROGRAM

Our **Adult Karate Program** allows you to train in **Karate & Jiu-Jitsu**. It has been proven that cross-training is necessary for the development of versatility in the Martial Arts, as well as other fitness related activities. Our adult students range in age from (13-60), which by no means is a limit.

The Martial Arts can be a lifestyle as it embodies three aspects:

- ***Physical** — balance, coordination, flexibility, agility, strengthening, breathing and self-defense
- ***Mental** — education in nutrition, anatomy/physiology and psychology
- ***Spiritual** — the ability to commit 100% effort and never give up.

CHILDREN'S PROGRAM

Our specialized **Children's Program** separates students by age and experience: (Dragons 4-6 years old) and (Tigers 7-12 years old).

To excel in our program, children do not have to have any special skills but they must have a sense of fun and a desire to learn cool moves.

Our classes are sure to give your children a great workout, while also stressing awareness, the ability to focus on the task at hand, and respect for themselves and others. Karate will give them a sense of independence and confidence in their abilities.

Check out our facility

Participate in a
“FREE WEEK” of Classes

Start Today!