

# 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](http://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
CHILD	CLASS	TIMES		
PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS	PRIVATE LESSONS
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 - 9:45am Dragon **(Basic)**
5 - 5:45 pm Tiger (Basic)	5 - 5:45 pm Dragon (Blue/Green)	5 - 5:45 pm Tiger (Basic)	5 - 5:45 pm Dragon (Blue/Green)	9:45 - 10:30 am Dragon (Blue/Green)
5:45 - 6:30 pm Tiger (INT)	5:45 - 6:30 pm Tiger (INT)	5:45 - 6:30 pm Tiger (INT)	5:45 - 6:30 pm Tiger (INT/ADV)	10:30 - 11:15 am 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 (Basic)	11:15am - 12 pm Tiger (INT/ADV)
ADULT	CLASS	TIMES		
7 - 8 pm Adult (Karate)	7 - 8 pm Adult (Karate)	7 - 8 pm Adult (Karate)	7 - 8 pm Adult (Karate)	
8 - 9 pm Adult (Jujitsu)	8 - 9 pm Adult (Jujitsu)	8 - 9 pm Adult (Jujitsu)	8 - 9 pm Adult (Jujitsu)	

[www.TMACenter.com](http://www.TMACenter.com)

Classes are separated by  
age and experience

Dragon (5—7 yrs) ~ Tigers (8—12 yrs)  
Adult (13 & up)

## Toco Hills Shopping Center

2947-C North Druid Hills Rd Atlanta ~ GA 30329  
Phone 404-315-1040 Email [Office@TMACenter.com](mailto:Office@TMACenter.com)  
Office Hours: M - TH (3 to 7pm) & Sat. (9 to 12pm)

# Karate & Jiu-Jitsu

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 teach the Japanese system of **Shintoyoshin-Kai Jiu-Jitsu**. 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.



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.

## Check out our facility

Participate in a  
"FREE WEEK" of Classes

Start Today!

## 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.

