

# Omni Martial Arts Academy wants to thank the NYPD



[OmniMartialArtsNY.com](http://OmniMartialArtsNY.com)

OMNI MARTIAL ARTS ACADEMY IS PROUD TO OFFER  
ALL NYPD OFFICERS, THEIR CHILDREN AND FAMILY,  
**20% OFF ALL** OF OUR MARTIAL ARTS PACKAGES

BRAZILIAN JIU JITSU, JUDO, BOXING, KICKBOXING, MMA,  
SELF DEFENSE

**RATED ONE OF THE TOP SELF DEFENSE SCHOOLS IN  
NEW YORK!!**

**CONTACT OMNI @ (718) 726-0101**

**[info@omniny.com](mailto:info@omniny.com)**

# Get to know us!

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**Thank you for your interest in Omni!**

## **ABOUT OUR CLASSES**

**Kids' Program:** Our kids program was developed in conjunction with a licensed children's therapist to ensure that our students are champions on and off the mat. Omni Kids combines the throws and grappling of Judo and Brazilian Jiu Jitsu with the striking of kickboxing and an emphasis on discipline, focus and respect. Children will learn how to fall, roll, throw, punch, kick and grapple in a safe, nurturing environment. Judo students wear a gi (traditional uniform) and will earn colored belts through in-school tournaments to help measure progress and encourage them to be their best. Junior kickboxing students (8-13yrs) wear an Omni tee-shirt and gi pants or shorts and will earn colored arm bands as they advance in skill level.

**Judo:** Known as "The Gentle Way", Judo focuses on throwing an opponent and controlling them on the ground. The Judoka uses leverage, technique and the off balancing of his opponent to prevail. Techniques are honed in "randori" or sparring.

**Brazilian Jiu Jitsu:** BJJ evolved from Kodokan Judo and uses leverage and positioning to defeat an opponent on the ground. Omni Martial Arts is the only school in Queens that is a member of the Vitor Shaolin Brazilian Jiu Jitsu Association, and our BJJ program is under direct supervision of Professor Shaolin, a three time world champion.

**Kickboxing:** Kickboxing makes getting in shape fun and exciting. The class focuses on punches, kick, knees, elbows, footwork and defense from western boxing, American kickboxing and Muay Thai. We know that most of our students are here to get in shape as quickly and effectively as possible, so that's our main goal. Our kickboxing class is a tough workout that will leave you feeling empowered and confident.

**Boxing Boot Camp:** 45 minute crash course in the sweet science designed to have you dragging yourself off the mat, exhausted, sweaty, and delighted.

Our Saturday **kickboxing/self-defense** class keeps all the tough striking while adding some practical street self-defense.

***Omni Martial Arts is proud to have been rated as  
one of the top Self-Defense schools in New York!***