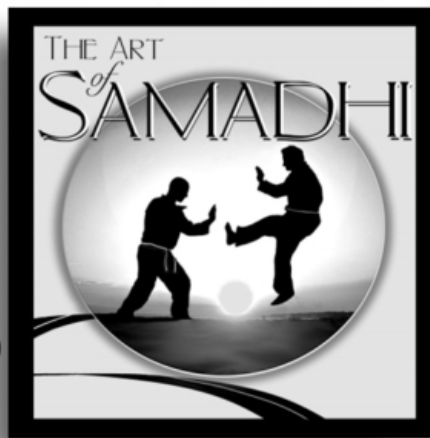


LOCATED AT
10 NASSAU PLACE
S.I., N.Y. 10307
(718) 913.9411
(ATHLETIC EDGE FACILITY)



"OUR MISSION
IS FOR OUR STUDENTS
TO LEARN SELF DEFENSE,
BALANCE, SPEED, STRENGTH
AND TO EMBRACE THE
ABOMINABLE SPIRIT OF MAN."

YOUTH GROUP: AGES 6-12 YEARS OLD

12 TOTAL CLASSES PER MONTH
(MON, WED & FRI)
EACH CLASS IS 1 HOUR
5PM-6PM

JUNIORS GROUP: AGES 13-17 YEARS OLD

12 TOTAL CLASSES PER MONTH
(MON, WED & FRI)
EACH CLASS IS 1 HOUR
6:30 PM -7:30 PM

ADULTS GROUP: AGES 18 AND UP

8 TOTAL CLASSES PER MONTH
(TUE & THURS)
EACH CLASS IS ONE HOUR AND A HALF
1ST CLASS: 6PM-7:30PM
2ND CLASS: 7:45PM-9:15PM

**15%
DISCOUNT
FOR
POLICE OFFICERS** "SELECT TRAINING"

IT WILL BE OFFERED SATURDAYS
(4:45PM-5:45PM & 6PM-7PM)
AS WELL DIFFERENT DAYS DURING THE WEEK
(ONLY BEFORE 4PM)

FOR ANY QUESTIONS, OR TO REQUEST MORE INFORMATION,
PLEASE CALL JOE AT (718) 913.9411