

MARTIAL ARTS

TRAINING



MARTIAL ARTS SENSEITIONAL PROGRAM: 5-5:45PM AGES 4-7

A FUN AND REWARDING WAY FOR KIDS TO LEARN! OUR SKILLED INSTRUCTORS TEACH RESPECT, SELF-DISCIPLINE, AND FOCUS IN A SAFE, AGE-APPROPRIATE ENVIRONMENT, HELPING STUDENTS BUILD STRENGTH, COORDINATION, AND RESILIENCE THROUGH MARTIAL ARTS.

MARTIAL ARTS SENSEITIONAL PROGRAM: 5:45-6:30PM AGES 8-12

A KARATE PROGRAM THAT BLENDS TRADITIONAL ETIQUETTE WITH MODERN TEACHING METHODS. OUR ROTATING CURRICULUM KEEPS STUDENTS ENGAGED AND MOTIVATED WHILE BUILDING CONFIDENCE, FOCUS, GOAL-SETTING, AND OVERALL WELL-BEING. EMPHASIZING LEADERSHIP AND LIFE SKILLS, STUDENTS EARN BELTS AS THEY MASTER THE KNOWLEDGE REQUIRED FOR EACH RANK.

MARTIAL ARTS SENSEITIONAL PROGRAM: 6:30-7:15PM AGES 13-17

OUR MMA PROGRAM INTEGRATES KICKBOXING, MUAY THAI, GRAPPLING, JIU-JITSU, AND BOXING INTO A DYNAMIC, PROGRESSIVE TRAINING STYLE. STUDENTS LEARN TO DEFEND THEMSELVES BOTH STANDING AND ON THE GROUND WHILE IMPROVING COORDINATION, BALANCE, FUNCTIONAL MOVEMENT, AND THE MIND-BODY CONNECTION.

NEW AMOROSI MARTIAL ARTS PROGRAMS!

REGISTER NOW, SPACE IS LIMITED!

[HTTPS://REGISTER.COMMUNITYPASS.NET/CHESTER](https://register.communitypass.net/chester)

CHESTER FIELDHOUSE, 107 SEMINARY AVE, CHESTER, NJ 07930

THURSDAYS JANUARY 15TH, 22ND, 29TH, FEB 5TH, 12TH, 19TH, 26TH, MARCH 5TH

