

A Comprehensive  
Martial Arts  
Facility

# Clarington Martial Arts

234 King St, Bowmanville, Ontario  
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**Increase your fitness, self-confidence, and self-defense skills. All ages and athletic levels welcome.**

**All-in-one unique Club Membership includes access to all disciplines – Taekwondo, Judo, Boxing, Fitness. You create your own training schedule and unique martial arts experience. \$89.00/month. No contracts.**

## Taekwondo

**Taekwondo** means literally “the way of the hand and the foot”. Fast, accurate kicking and punching are the mainstay of the study of Tae kwon do. Speed, agility, balance, timing and co-ordination all improve through the pursuit of this challenging martial art and sport. Suitable for adults and children. Opportunity to compete exists for interested participants.



Many classes to choose from, multiple classes per day, classes are separated by belt and age.

## Judo

**Judo** - Through the use of throws, hold downs, and grappling techniques, defensive skills are developed without the need for any special equipment other than a judo gi (uniform). Students learn to re-direct the weight and force of their opponent to resolve most self-defense situations. An excellent complement to the art of taekwondo, and included in CMA membership.



Wednesdays 7:00pm, Fridays 6:30pm

## Boxing

One of the oldest martial arts, and one of the best. This class focusses on training, skill development, fast punches (and other hand techniques), accuracy, footwork and improving overall coordination. Light contact sparring opportunities available for interested participants.

Wednesdays 7:30pm

## Fitness Membership

Cardio Mix Up

Strength and fitness will improve rapidly if

- You fuel your body well, good nutrition is important
- You give your muscles a variety of experiences – muscle confusion is key

CMA's cardio mix up class is designed to help you in both these areas. Our classes will draw from a variety of areas: taekwondo, tae bo, boxing, yoga, tai chi, body weight, weight, resistance, and interval training, and will change frequently to give your body the muscle stimulation it needs for maximum development and performance. As well you will be given information regarding how you can modify your eating habits to best fuel your new muscles.

**Have fun! Sweat buckets!**

## Free Self-Defense Classes

Quarterly CMA offers a free self defense class for area women and teens. There are two classes, the first teaches the techniques needed to deal with an aggressive attacker. The second teaches you how to recognize behaviour from dangerous individuals, and how to diffuse and deal with these individuals prior to a physical confrontation. Call for class details or to register.

## Little Dragons

An energetic and structured introductory program for 4-6 year olds. Students learn about street safety and dealing with strangers. They develop self-control, concentration, balance, stretching, coordination and tumbling as well as traditional martial art skills.



Many classes to choose from.

**New members special!**

**\$139 for two months, includes uniform.**

**Free Trial Classes available**

*3<sup>rd</sup> family members ½ price on program prices.*

*Cash, Cheque, VISA, MasterCard, Debit.*

*All prices subject to HST*