

## Benefits of Martial Arts

### Physical Well-Being

Martial Arts students become stronger particularly in their legs and core strength. Agility and flexibility become superb. Martial Art training improves focus, courage, discipline and performance with other sports, school and everyday life.

### Self Defense

Training regularly in the martial arts is a much more effective method of learning self defense than taking a “self defense” course. Becoming confident and instinctual in applying self defense techniques in real situations takes time and repeated practice.

### Character

Students naturally apply the valuable lessons learned inside the dojo in their daily lives— respect for others, attention to detail, patience, balancing confidence and humility, striving for perfection and perseverance.



## THE HARVARD OF KARATE SCHOOLS!



## Our Program

### Shotokan Karate

Shotokan karate is the most practiced form of the traditional karate in the world. It is a direct style, which emphasizes linear techniques and efficient body movement. Students will practice kihon (basics), kata (forms) and kumite (sparring).

In kihon, students will learn proper techniques in punching, striking, kicking, blocking and stances.

**“The ultimate aim of the art of karate lies not in victory or defeat, but in the perfection of the characters of its participants.”**

In kata, the basics are combined into a pre-arranged series of techniques. Finally, in kumite, students draw from their techniques in a match with another student.

## Why Our School?

- All of our students are athletes.
- Every belt in our program is a tremendous achievement.
- There are 5 or more class offerings weekly for every age.
- Masdojo is the gold standard in the traditional martial arts.
- There is no martial arts school in Massachusetts with similar official recognition or success.
- 200 National Medalists
- 30+ National Champions



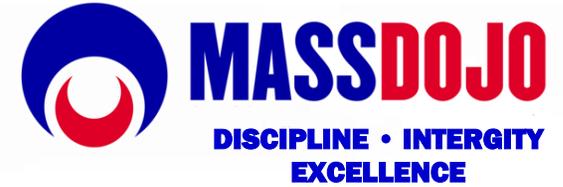
**WHY KARATE IS DIFFERENT  
THAN TAE KWON DO**

Karate offers a lot more. Tae Kwon Do has a strict emphasis on kicking, where Karate uses hands and legs equally. *Shotokan is a worldwide leading style of karate.*

## Get Started Today...

- We have classes 5 days a week for all ages; ages 4-100 are welcome.
- We host two yearly fun and safe tournaments.
- We have open enrollment. You can start anytime.
- Enrollment forms can be e-mailed to you.
- Free trial class
- **UNLIMITED** classes *ALWAYS* for one price!

2013 National Kata  
& Kumite Team  
Champions



**30+ National  
Champions**

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**A NATIONALLY RECOGNIZED  
LEADER IN KARATE**