

# SELF DEFENSE AMERICA

Welcome To the Exciting World of Martial Arts!

*A BLACK BELT IS A WHITE BELT WHO NEVER GAVE UP!*



## Why is Martial Arts so Popular?

Martial arts' training is so popular because no other activity can provide the same positive results, on a personal level, for each individual participant. Whether your goals are self-confidence, self-defense, personal development, fitness, flexibility or to earn a black belt, our school will take you there. From school age programs to our martial arts fitness programs, our instructors are dedicated to helping you and/or your families achieve your individual goals.

### *Martial Arts are great for Children*

A psychological study found that children in martial arts have an increased sense of responsibility, a decrease in the willingness to take foolish risks, and a higher sense of self-esteem. This is why millions of parents are using martial arts to supplement their children's education.

### **Our reward system improves Adult and Children's self—esteem**

The belt system is the key to building esteem. When kids earn their belts it gives them a great sense of accomplishment that really improves the way they feel about themselves.

### **Our program teaches discipline**

We have a trained staff of patient instructors who love to work with children, but are also very clear about limits. We enforce good rules of behavior in class, and we expect the same good behavior at home and in school.

### **Our activities, channel student's aggression**

Many doctors have prescribed our school because of the positive outlet it gives children and adults for all their energy. Also for ADHD, and other disorders.

### **Our program teaches essential self defense skills**

Our program teaches practical, proven self-defense methods. We also teach the kids that the moves they learn in class will work, so they don't go home and try them on their family members or neighbors. And not to abuse what they learn in class.

### **Our workouts are a great way to get in shape**

Martial arts are like an exercise program with a bonus! You learn to defend yourself while you get in shape.

## **Our Programs**

We have a number of different programs to offer From our martial arts for ages 5-99, thru our Ultimate Martial Arts (Taekwondo, Hapkido, Philippine Arnis), Women's Cardio & Men's Cardio.

### **Our Instructors**

Rather than tell you about our championships and black belt rankings, we prefer to focus on our students. Certainly, we're proud of our instructors' accomplishments, however, we're more proud of our students' achievements. Our instructors understand that each student's individual progress should be the main focus of their attention. That's why our instructors continue to be students themselves. They take classes attend seminars and continually work to improve their ability to help other students reach their goals. They even still compete and continue to test themselves.

## **Martial Arts is a Fun, Fulfilling Workout for Adults**

Our adult students really appreciate the difference between martial arts training and standard exercise programs.

### **Our classes relieve stress**

Martial arts classes are well known for their stress relieving benefits. The emphasis on mind-body –and spirit training goes far beyond the benefits of standard, health club type exercise programs.

## **LOCATIONS**

Physical Location

109 ½ Shelbyville St., Center, TX 75935

Web-Site <http://sda@cmasdirect.com> or

E-mail @ [sdacenter@yahoo.com](mailto:sdacenter@yahoo.com)

### **Our classroom practice sessions give you confidence**

The confidence building part of our program is what students appreciate the most. Nothing can take the place of the security in knowing that you can defend yourself, if you have to.

### **What we teach you could save your life**

At our school, the self-defense we teach is reality based. Our instructors work very hard to insure that most any situation you might encounter is covered in the classroom under very safe learning conditions, so you will be prepared.

**Our program is a lot of fun**

The reason our program is so successful is because we make the classes fun and exciting.

Self Defense America of Center Texas is dedicated to the prevention of violence through the healthy channeling of an individual's energy. We train our students in self-defense techniques and build self-esteem through the practice of the martial arts.

Our goal is to provide adults & children with an alternative to drugs and violence by showing them positive role models and methods to use to avoid these traps. We believe that educating our children at an early age will give them the tools to resist the peer pressure to become involved in these activities.

**The Martial Arts teach children self-defense skills that could save their lives.**

While we wish it was not even a factor in our program, the fact remains that we live in a world full of undesirable people. The Martial Arts will teach children how to protect themselves from anger. This invaluable skill may even save their lives.

**Not all Martial Arts schools are created equal.**

Few schools in the country have the unique combination of martial arts, education and leadership that you will find with our programs. Our school is open 5 days a week and offers convenient schedules at affordable rates. So make an investment in your children that will pay off for the rest of their lives.

***Special Offer!!***

We would like to invite you to see first hand just what wonderful children's and adult programs we have.

Call now and take advantage of our **free** trial lesson (936) 591-8551. (Must be 18 yrs of age or accompanied by a parent.)

The habits, attitudes, and confidence your child develops now will last a lifetime. Make sure they get off in the right direction, mentally and physically by calling Self Defense America now and take advantage of our special offer!

**Call us Today! (936) 591-8551**

**Our students have the unique opportunity of learning a mixture of different styles: Taekwondo and Pilipino Martial Arts are our main styles.**