



# SHAKU™

**Family Martial Arts**

## NOW OPEN IN LADYSMITH!

### Little Ninjas (ages 3 ½ to 6)

Little Ninjas is an especially designed martial arts program for children aged 3 ½ to 6 years of age. Approved by The National Association of Professional Martial Artists (NAPMA), “Little Ninjas” learn and practice monthly themes centering on the inner strengths (attitudes and behaviours) and the outer strengths (physical skills) of the martial arts. Classes are high energy, educational and a lot of fun for the young participants.

### Family Martial Arts (ages 7+)

All students age seven years and older (and their parents) may enroll in our unique Family Martial Arts Program. This program provides each student and family with skills and instruction in the areas of fitness, self-defense, and martial arts technique. Classes also teach positive life skills by way of our **Attitudes for Success** Character Education Program.

### Adult Martial Arts (ages 16+)

An eclectic blend of traditional and contemporary martial arts, this program combines an incredible workout with practical self-defense knowledge delivered within a respectful environment. Individual lessons and group classes ensure success regardless of age or ability.

CHILDREN • TEENS • ADULTS



### Special Introductory Offer

- ✓ No Registration Fee
- ✓ Free Training Uniform
- ✓ 30-Day No Risk Trial

### SHAKU Family Martial Arts

25 High Street, Ladysmith BC  
(Beside Curves & Next Door to Oliver's Pizza)

**250.924.0777**

[www.ShakuMartialArts.com](http://www.ShakuMartialArts.com)

\*Offer Expires February 22<sup>nd</sup> 2010