



# American Masters Martial Arts

AMMA-INC.com

**Lewisville & Flower Mound**    **Corinth & Hickory Creek**    **Aubrey, Providence,**  
**972-434-0500**                      **940-498-5425**                      **Savannah and Prosper**  
**940-765-1199**



Itty Bitty Tigers: 4-6    Children: 7-11    Adult: 12 & Above

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>LEWISVILLE FM 407</u>	<u>LEWISVILLE FM 407</u>	<u>LEWISVILLE FM 407</u>	<u>LEWISVILLE FM 407</u>	<u>LEWISVILLE FM 407</u>	<u>LEWISVILLE FM 407</u>
<b>5:30 AM ADULTS</b> <b>4:45 PM TIGERS</b>  <b>5:30 PM FAMILY</b> <b>6:45 PM ADVANCED</b> <b>RED, BROWN &amp; BLACK BELTS</b>	   <b>5:30 PM KIDS</b> <b>6:45 PM ADULTS</b>	<b>5:30 AM ADULTS</b>  <b>4:45 PM TIGERS</b> <b>5:30 PM KIDS SPARRING</b> <b>6:45 PM ADULTS SPARRING</b>	   <b>5:30 PM KIDS</b> <b>6:45 PM ADULTS</b>	<b>5:30 AM ADULTS</b>   <b>CLOSED</b>	   <b>9:00 AM ALL AGES &amp; ALL BELT RANKS</b>
<u>CORINTH</u>	<u>CORINTH</u>	<u>CORINTH</u>	<u>CORINTH</u>	<u>CORINTH</u>	<u>CORINTH</u>
   <b>5:30 PM KIDS</b> <b>6:45 PM ADULTS</b> <b>8:00 PM TAI CHI</b>	<b>4:45 PM TIGERS</b>  <b>5:30 PM KIDS</b> <b>6:45 PM ADVANCED</b> <b>RED, BROWN &amp; BLACK BELTS</b>	   <b>5:30 PM KIDS</b> <b>6:45 PM ADULTS</b>	<b>4:45 PM TIGERS</b>  <b>5:30 PM KIDS SPARRING</b> <b>6:45 PM ADULTS SPARRING</b>	   <b>CLOSED</b>	   <b>9:00 AM ALL AGES &amp; ALL BELT RANKS</b>
<u>AUBREY</u>	<u>AUBREY</u>	<u>AUBREY</u>	<u>AUBREY</u>	<u>AUBREY</u>	<u>AUBREY</u>
<b>8:30 AM BOOT CAMP</b>  <b>4:45 PM KUNG FU</b> <b>5:20 PM TAI CHI</b> <b>6:00 PM KIDS KARATE</b> <b>6:00 AEROBICKICKBOXING</b> <b>7:00 PM ADULTS KARATE</b> <b>7:00 AEROBICKICKBOXING</b>	<b>8:30 AM BOOT CAMP</b>  <b>5:30 PM WHITE BELTS</b> <b>6:00 PM KIDS KARATE</b> <b>6:00 AEROBICKICKBOXING</b> <b>7:00 PM ADULTS KARATE</b> <b>7:00 AEROBICKICKBOXING</b>	<b>8:30 AM BOOT CAMP</b>  <b>4:45 PM KUNG FU</b> <b>5:20 PM TAI CHI</b> <b>5:30 PM YELLOW BELTS</b> <b>6:00 PM KIDS KARATE</b> <b>6:00 AEROBICKICKBOXING</b> <b>7:00 PM ADULTS KARATE</b> <b>7:00 AEROBICKICKBOXING</b>	<b>8:30 AM BOOT CAMP</b>  <b>5:30 PM WHITE BELTS</b> <b>6:00 PM FAMILY KARATE</b> <b>6:00 AEROBICKICKBOXING</b> <b>7:00 PM ADULTS KARATE</b> <b>7:00 AEROBICKICKBOXING</b>		<b>7:30 AM FREE BOOT CAMP</b> <b>9:00 TIGERS BEGNINNER</b> <b>9:30 TIGERS ADVANCED</b> <b>9:00 AM FAMILY CLASS</b> <b>10:00 AM FAMILY SPARRING</b>
<u>BE POLITE</u>	<u>BE PATIENT</u>	<u>BE ALERT</u>	<u>BE BRAVE</u>	<u>DO YOUR BEST</u>	<u>RESPECT YOURSELF &amp; OTHERS</u>
<b>TIGERS AGES 4-6</b>	<b>KIDS AGES 7-11</b>	<b>ADULTS AGES 12 &amp; ABOVE</b>	<b><i>FOCUS YOUR EYES</i></b>	<b><i>FOCUS YOUR MIND</i></b>	<b><i>FOCUS YOUR BODY</i></b>

PARENTS: Reminder – 10 Minute Rule: Please do not drop your children off any earlier than 10 minutes before class, and pick them up no later than 10 minutes after class. THANK YOU! - AMMA - Staff

# American Masters Martial Arts Adult's Programs

## Dear Student:

If you are looking for a great way to stay in shape without getting bored, we have the answer! Your age, gender, or current physical condition really doesn't matter when you begin your training. Everyone begins with the basics. You work at your own pace and develop flexibility and stamina. You burn fat, build energy, and reduce stress.

As with the children's program, the belt ranking system gives adult students a sense of progress. The Youn Wha Ryu System of Martial Arts combines many high level martial arts styles. It includes Tae Kwon Do (our base program), Hapkido, Weapons, Soft and Hard Styles of Kung Fu, as well as Judo.

Tai Chi is also taught by our certified instructors, Tai Chi is the practice of meditation in motion for healthy bodies and minds. Along with our regular schedule, we have seminars, demonstrations, tournaments and testing.

At American Masters Martial Arts, we believe that developing and maintaining a sound body and mind are critical to getting the most out of life. Don't just take our word for it...come by and watch, visit with the students. Check the Class Schedule on the other side and come take your first class free! Come in and join our family!

### OUR SIX PRINCIPLES:

*Be Polite, Be Patient, Be Alert, Be Brave,  
Do Your Best, Respect Yourself and Others*

### Our 3 Rules of Concentration

*Focus Your Eyes  
Focus Your Mind  
Focus Your Body*

*Bonding Our Hearts, Our minds & our Spirits*

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"Pak Juk Pul Gul"

Meaning:

"You may strike me down 100 times,  
but you will never break me,  
for I am resilient and will never give up"

# American Masters Martial Arts Children's Programs

## Dear Parent:

Every parent wants the best for their child, but how do you prepare them for all the challenges that they face in today's world? How do you teach them the motivation, discipline and proper attitude necessary for success?

### **MARTIAL ARTS IN A FAMILY ATMOSPHERE**

Martial Arts is one of the most powerful tools in creating positive change. Is your child armed to do well in school? To succeed in life? To stay clear of drugs? To develop physically and mentally to maximize their unique potential? Over the years, we have seen thousands of children benefit from our unique programs.

### **OUR PROGRAM**

Karate is known as the way of the empty hand, and through empty hand training and education, learning becomes a way of life. Karate offers clear benchmarks of progress that are not found in many modern-day activities. The traditional martial arts belt ranking system gives your child a constant sense of achievement. This allows them to experience the benefit of follow-through to reach their short-term and long-term goals.

Karate lessons have been known to help students study and stay focused in school. Concentration is definitely a by-product of karate training as well as balance, discipline, improved memorization skills, motivation, proper attitude and self confidence. Martial Arts also enhances flexibility, hand/eye/foot coordination, strength and speed. We have found that children associated with karate normally do not have an identity problem and are often leaders in their peer groups.

Martial arts students have an investment in their value system. Things like drugs, cigarettes are viewed as a risk to this investment. Our programs are designed to promote self-confidence and self-esteem to give your child the courage to say NO to unhealthy choices, despite peer pressure.

***The traits children learn in our unique program  
will enrich them for the rest of their lives!***

# American Masters Martial Arts Talon Martial Arts Martial Arts for the Whole Family



### American Masters Martial Arts SCHOOL LOCATIONS:

#### Lewisville

1425 Fm 407 Suite 200  
Lewisville, Texas 75077  
972-318-3500

#### Corinth

3570 F.M. 2181  
Corinth, Texas 76210  
940-498-KICK (5425)

#### Aubrey

1440 FM 2931 Suite C  
Aubrey, Texas 76227  
Phone: 940-765-1199

#### San Antonio

International Bible Center  
San Antonio, Texas  
Phone: 210-275-2136

#### Riverton, WY

Teton Athletic Club  
911 Flag Drive  
Riverton, Wyoming

#### Stillwater, OK

211 South Main  
Stillwater, Oklahoma 74074  
Phone: 405-372-2517

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