### Mixed Martial Arts based on following styles

# **MARTIAL ARTS**

## May Registration NOW AVAILABLE!

- Fee: \$60 per month or \$20 per session
- Classes: Guaranteed 4 per month Choose Tuesday Class, Thursday Class, or BOTH FOR ONLY \$100
- Ages: 6 years old and up
- Starting: Tuesday, May 3<sup>rd</sup> Thursday, May 5<sup>th</sup>
- Time: 5:30-6:30pm
- Location: Multi-Purpose Room

Taekwondo Striking Distant Defense Combinations Courage, Commitment, and Confidence

> Jiu Jitsu Judo, Aikido, and Hapkido Close Contact Defense Self-Control, Respect, and Compassion

PaSaRyu - Way of Honor - Membership For belts, certificates, and patches (optional)

This is a fitness, self-defense, and empowerment program. Students learn different martial art styles, techniques, and principles each week.

Those seeking to earn a black belt and receive a letter of recommendation must join PaSaRyu.

Register for the monthly option at oc-sportsplex.com

OR

Pay walk-in rate at the front desk

Shotokan Karate & Kung-Fu Movement Applications Integrity, Ambition, and Humility



Fitness Movement Honesty, Honor, Duty and Loyalty

## ORANGE COUNTY SPORTSPLEX

101 Meadowlands Drive Hillsborough, NC 27278 (919) 644-0339

Instructor: <u>Nishith "Mr. Tiger" Trivedi</u> 5<sup>th</sup> Degree Black Belt – PaSaRyu 1<sup>st</sup> Degree Black Belt – Shotokan, ATA & Jujitsu Studied – Aikido, Hapkido, & Tai-Chi

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