

Justin Sigler Martial Arts

Adult Classes at Lakeland Community Center

Wednesdays 5:30-6:30pm

Ages 15+

Taught by **Justin Sigler-Smalz, 4th Degree Black Belt**

- 4th Degree Black Belt in Chang Hun TaeKwonDo
- Certified Instructor by the International TaeKwonDo Alliance
- Over 18 years of Martial Arts experience
- Head Instructor of Journey Martial Arts for 6 years
- Over 16 years of teaching experience
 - Trained in Weapons
- Brown Belt in Shorin Ryu Karate
- Studied various Martial Arts including:
Praying Mantis Kung Fu, Krav Maga, Shotokan Karate, Kenpo Karate, Wing Chun, Brazilian Jiu Jitsu, and Han Mu Do

Benefits to Martial Arts training:

- **FIGHTING SKILLS** apply to **SELF DEFENSE**
- **PHYSICAL FITNESS** and **PHYSICAL STRENGTH**
- **MENTAL HEALTH** and **EMOTIONAL STRENGTH**
- **SERENITY** and **SELF AWARENESS**
- **SELF AWARENESS** and **SELF EXPRESSION**

CHECK OUT A **FREE** TRIAL CLASS!

16275 Grand Ave
Lake Elsinore, CA
92530

Justin Sigler Martial Arts:
951.805.4346

Quality training for
ONLY \$40.00 a month

Lakeland Village
Community Center:
951.471.4407

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