

Justin Sigler Martial Arts

Old School Martial Arts

American Style TaeKwonDo

Classes at Lakeland Village Community Center

Wednesdays, 5:00-7:30

\$40 a month

Your Instructor:

Master Justin Sigler-Smalz

- 5th Degree Black Belt in Chang Hun TaeKwonDo
- Certified Instructor by the International TaeKwonDo Alliance and the Independent Martial Arts Federation
 - 20 years of Martial Arts experience
- Head Instructor of Journey Martial Arts for 6 years
 - Over 17 years of teaching experience
 - Trained in Weapons
 - Brown Belt in Shorin Ryu Karate

Studied various Martial Arts including:

Praying Mantis Kung Fu, Krav Maga, Tai Chi, Shotokan Karate, Fudo Shin Tai Aikido, Kenpo Karate, Wing Chun, Five Animals Kung Fu, Brazilian Jiu Jitsu, and Han Mu Do

Kids Programs

Pre-TKD: 5:00-5:30 Ages 4-7
Juniors: 5:30-6:15 pm Ages 8-14

Benefits of Martial Arts training for Kids:

- Improved **FOCUS, DISCIPLINE, BALANCE, COORDINATION, and LEARNING ABILITY**
- Improved **SELF CONFIDENCE and SELF ESTEEM**
- Helps **RELEASE AGRSSION and STRESS** from school
- Teaches **CHARACTER, RESPONSIBILITY, and SELF-CONTROL**
 - Gives an avenue for **SELF EXPRESSION**

Adults Program

6:30-7:30 pm Ages 15+

Benefits of Martial Arts training for Adults:

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

COME TRY A FREE TRIAL CLASS!

16275 Grand Ave
Lake Elsinore, CA 92530

justinsigler.ma@outlook.com
facebook.com/JustinSiglerMartialArts

justinsiglermartialarts.com

(951) 805-4346