

EVERY WEDNESDAY 4:30-5:15 PM

“Little Elements” Class

Martial Arts & Self Defense especially for 4-7 boys & girls

REGISTER ONLINE:

www.femamartialarts.org

**Five Element Martial Arts -
A class especially designed for
younger kids.**

- **Focus & Self Awareness**
- **Safe & Fun Exercises**
- **Self Defense**
- **Bully Prevention**
- **Positive Environment**
- **Structured Learning**
- **Learn Meditation**
- **Supportive Community**

Taught by our Head Instructor

SHIFU KORE' GRATE

With young assistants helping

CONTACT:

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Free Parking in Back & Street Parking