

# Martial Arts at

## Great for the whole family!

What can Martial Arts do for you and your family?



- Self Defense
- Increase flexibility
- Increase coordination skills
- Learn Self-control
- Build confidence
- Increase Stamina
- Increase balance
- Set and achieve goals
- Improve reflexes
- Great family activity



MTA Ozark Martial Arts at the  
Ozark Community Center  
1530 W. Jackson  
Ozark, MO 65721

**Call: 840-2253**

Try a

**FREE CLASS today!!**



	Monday	Tuesday	Thursday	Friday
5:30 - 6:00 PM	Little Dragons	Little Dragons	Little Dragons	
6:00 - 6:45 PM	White & Yellow	White & Yellow	White & Yellow	White through Blue Decided
6:45 - 7:30 PM	Green & Blue	Green & Blue	Green & Blue	
7:30 - 8:15 PM	Red & Above	Red & Above & Elite members	Red & Above	
8:15 - 8:45 PM		Elite Class	Apprentice/Instructor Class	

\*Little Dragons 4, 5, and 6 year olds. The other classes are for ages 7 and up.

**SIGN UP TODAY AT THESE AMAZING MONTHLY RATES!!**

	Once a week	Twice a week	Three times per week	Elite Class Rate
Little Dragons	\$30.00	\$40.00	\$45.00	N/A
Ages 7 & up	\$40.00	\$50.00	\$55.00	\$65*

2nd Family member is \$20, 3rd family member \$15, and 4th is FREE  
Uniforms obtained through the instructor for \$25.

\*See Instructor for details



Kristen Pattinson has  
been an instructor since  
1994