

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years+
- M** Mature 55 Years+
- E** Everyone

Martial Arts

Pride, skills, power, strength and grace —

Some 100 million people throughout the world practice Martial Arts for a variety of reasons, including self-defense, physical fitness, mental tranquility and competition. Among the many benefits are improved concentration, confidence, self-esteem and self-discipline. *For Martial Arts information, please call 410-531-8927.*

A M Judo

Mbrs with DBS, \$25
 Club Mbrs, \$30
 CA Res Non-Mbrs, \$45
 Columbia Athletic Club
 4-week sessions, ongoing
 Sat, 12:30-1:30pm
 Register at the front desk or call 410-730-6744.

Learn how to fall safely, throw opponents and grapple for control. The goal of Judo training is maximum efficiency with minimal effort. The senior instructor is a sixth-degree black belt with the U.S. Judo Association. No experience needed.

A M Aikido

Once Weekly Up to Three Times Weekly

\$70.....\$85 for Mbrs with DBS
 \$70.....\$85 Club Mbrs
 \$80.....\$95 Non-Mbrs
 On-going, join anytime.
 Tue, 8:30-10pm, Thu, 8:30-10pm
 Sat, 11am-12:30pm
 8-week sessions at the Athletic Club
 Register by calling 410-730-6744.
 Aikido, an ancient yet modern Japanese martial art, is practiced by men and women for self-defense, as well as physical fitness. Senior instructor **Dr. Yoji Kondo** is a sixth-degree black belt. No experience needed.

see
what's
for!
sale!

at the
Columbia Association
Membership
Service Center

tickets
are available for
movies,
concerts &
sporting
events

gift certificates
to area restaurants
and **more**

come to the
Membership Service Center
at 10221 Wincopin Circle
or call 410-730-1801

for more information.

Martial Arts CLASSES

Mention this ad and receive
50% OFF
the first month!



- Tae Kwon Do**
- Tiny Dragons** Ages 2-3
- Lil' Dragons** Ages 4-6
- Beginners/Intermediate** Ages 7 and Up
- Family Class**
- Parent/Child** Ages 7 and Up
- Kung Fu Hip Hop** Teens

Visit **ColumbiaMartialArts.org** or call **John Bannon** at **410-531-8927**.

Applies to new students only and must pay one month at full price. This offer expires 12/31/10 and cannot be combined with any other offer.