

We live in a time of video games, internet, cable TV, and fast food. Inactivity, high calorie diets, physical activity cut backs, and busy schedules are a growing part of our world's culture. Martial Arts give children a positive way to burn calories, learn loyalty, honor and build self confidence as they socialize with quality friends in a safe setting -- keeping them away from the electronics and keeping them active and engaged.



**Come in for Free Private Class - Tour the school and meet the staff!**

At Ultimate Martial Arts we are dedicated to providing the most comprehensive, practical and advanced Martial Arts instruction available. Our goal is to make a positive impact on all of our students by teaching them real self defense techniques along with confidence, respect, honor and discipline.

**One Month Beginner Special**

**\$10.00 Off!!!**

**Ultimate Martial Arts**

**1 Month of Karate Classes**

**Includes Uniform**

New Members Only Limit one per person



**Unmatched Experience, Knowledge and Achievement  
We are your Self Defense Experts**

**Professional, Original,  
Advanced Martial Arts Training**

## Ultimate Martial Arts

**Visit any of our locations:**

**Ham Lake 763-434-8621**

**Sillwater 651-439-0093**

**Woodbury 651-998-0960**

**Hugo 651-464-7051**

**Hudson 715-808-0720**

**Lakeville 952-985-0742**

**Baxter 218-454-8728**



**Martial Arts**

**Karate &  
Martial Arts Academies**



**Ultimate Martial Arts**

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**www.U MMA.com**

## Benefits

Have You Ever Seen What Happens to a Child When He or She Is Lacking in...

- Self-Esteem to Truly Believe They Can Become Anything They Set Their Mind To.
- Internal Confidence to do what they know is right when they are Undoubtedly Put To the test.
- Mental Toughness To Know How to Stand up to Bullying Behavior Without Violence.
- An Ability and Know-How And Constant Practice To Set and Achieve Short, Intermediate and Long Term Goals.
- Physical Fitness That Will Help Them Feel Good About Their Body and Participate In Any Sports Activity That They Want To Play.
- Concentration Skills Maintain Excellent Grades At School.
- Needless to say any child who is effected by any of these things is not living a fully productive happy life.

**This is not acceptable and we are here to help!**  
**Ultimate Martial Arts Academy - We Help With:**

- **Confidence**
- **Self Esteem**
- **Respect**
- **Honor**
- **Loyalty**
- **Focus**
- **Leadership**
- **Goal Setting**
- **Improved Grades**
- **Concentration**
- **Listening Skills**
- **Self Defense**
- **Physical Fitness**

## UMMA Karate

Ultimate Martial Arts specializes in helping ALL people, including children, facing all types of adversities through comprehensive professional karate instruction and personalized Children's Martial Arts programs. Our staff of highly trained Black Belts have the ability to effectively communicate their knowledge and understanding to students of all ages. Our instructors will help develop skills to overcome adversities and will teach focus, discipline, respect for self and others, loyalty and goal setting. These are life skills that will last a lifetime, not a season.



We pride ourselves in the complete personal development of each student in addition to maximizing their self defense skills. Utilizing our original, professional, advanced curriculum with professional Black Belts with over 38 years of experience we work with our students to be aware of dangerous situations, how to avoid threats personally and with loved ones. We work with children who are being bullied giving them the confidence they need to stand up for themselves in a non-violent manner. These are skills that everyone should learn and Ultimate Martial Arts is the best place to develop all these skills in a fun and safe environment.

Our existing students and parents continue to tell us how impressed they are at the their personal growth or that of their child. Parents have seen significant increases in the child's grades, their attention to detail and overall behavior since their child enrolled at our schools.

Also, we offer classes 6 days a week for all ages and ability levels. There are many class options at different times and students have the flexibility to attend when it's convenient to them.

## 究極の格闘技 SuperKids®

Ultimate Martial Arts' one of a kind SuperKids program is geared to introduce the Martial Arts to 4 year olds to 1st grade in a fun and age appropriate way. SuperKid students learn skills which are then built on at the traditional Martial Arts Junior level.

Our preschool students work on listening, cooperation, balance, safety and beginning Martial Arts skills while being challenged and encouraged to succeed. SuperKids will learn goal setting as the advance with special preschool karate belt levels designed to excite the student and encouraging hard work in the classroom.

## Adults and Teens

For our adults and teens we have classes available 6 days a week. No matter what you are looking for, you will find it at Ultimate Martial Arts.

All of our classes at Ultimate Martial Arts are broken up by ability level so all the students in class are learning the same material. As the student's ability level increases, so will the degree of difficulty in the classes to continuously challenge the student. Progressing with other members will also build new lasting friendships as you get to know and challenge your fellow students!

There is no fitness program out there that will compare to the benefits you will get from Martial Arts training! Lose weight, build strength, increase flexibility, and learn self-defense. Whatever your goals, you can achieve them through Martial Arts training. You will see your body and mind change, your muscles will develop and you will become leaner as you progress and train. Additionally you will see increases in: flexibility, balance, body awareness, cardiovascular endurance, muscle control, hand-eye coordination, functional strength, situational awareness, strategic thinking and much more!