



## VISIT ANY OF OUR LOCATIONS

**Baxter** 218-454-8728

**Ham Lake** 763-434-8621

**Hudson** 715-808-0720

**Hugo** 651-464-7051

**Lakeville** 952-985-0742

**Stillwater** 651-439-0093

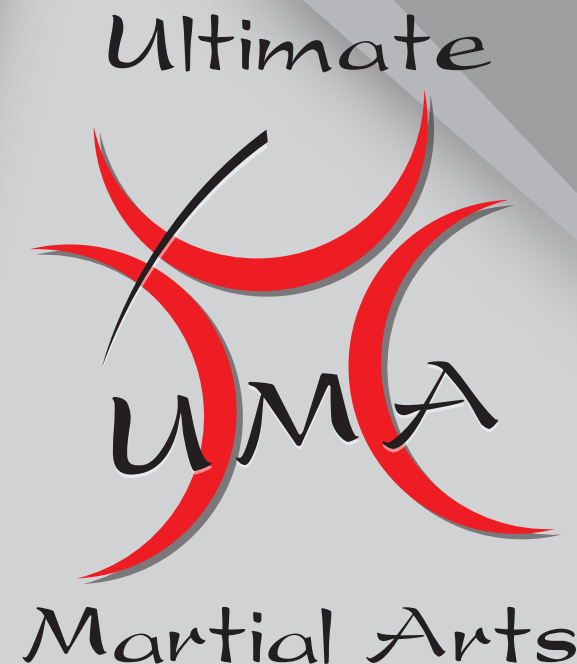
**Woodbury** 651-998-0960

**[www.UMAmn.com](http://www.UMAmn.com)**

**COME IN TO MEET THE STAFF, TOUR THE  
SCHOOL AND LEARN MORE!**

## PROFESSIONAL, ORIGINAL, ADVANCED MARTIAL ARTS TRAINING

Our goal is to make a positive impact on all of our students by teaching them real self defense techniques, along with developing confidence, respect, honor and discipline.



## UNMATCHED EXPERIENCE, KNOWLEDGE & ACHIEVEMENT

The Martial Arts is a great way for students of all ages to develop themselves in a positive way in a safe and encouraging environment!

## BENEFITS OF TRAINING...

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





Training in the martial arts is about individual accomplishments and progression through the ranks. This encourages goal setting and builds self-esteem as those goals are reached. At Ultimate Martial Arts we strive to offer our training in a family friendly environment. As you work toward your goals, you will find you develop lasting meaningful relationship with others on their journey. There will be those ahead of you to learn from, those alongside you to encourage and push each other, and those coming behind to help and support.

Ultimate Martial Arts works to offer a flexible schedule. There are many class times throughout the week for each rank to help make it convenient to attend class. We offer different times where classes are structured around rank, program and age.

At Ultimate Martial Arts we are dedicated to providing the most comprehensive, practical and advanced martial arts instruction available. Our highly trained, professional Black Belt instructors will work with each student in teaching them our extensive curriculum as they develop their martial arts skills. We focus on developing the ability to defend oneself through teaching awareness, training how to maximize power, and learning effective defense skills that will give them confidence in anything they do.

Another aspect of training in the martial arts is the health benefits that it provides - mental and physical. Retaining curriculum, learning new skills and applying instruction to a physical action, all help develop and sharpen the mind and instill focus. Learning the martial arts skills physically helps with flexibility, strength, coordination, and cardiovascular development.



**\$10 OFF BEGINNER SPECIAL  
AT ULTIMATE MARTIAL ARTS**

**Includes Karate Classes and a Uniform**

New members only. Limit one per person. Call your location for details.



## 究極の格闘技 SuperKids

Our SuperKids program is geared to introduce our preschool aged students to the martial arts in a fun, age appropriate way. As they learn martial arts skills they can advance through the SuperKids belt levels, while learning listening, cooperation and goal setting skills. The class is structured to prepare the students to transition easily and confidently into the Junior level classes when the time is right.

Please contact your local school to find out age requirements and class times.