



THE LITTLE NINJAS

This is a pre-school martial arts program for 3 to 6-year olds. The goal is for your child to have fun while enhancing listening and motor skills. Games focus on speed, reaction time and teamwork. We encourage good behavior through patience and kindness.

The eight major skills a Little Ninja will develop are:

- Focus
- Teamwork
- Control
- Balance
- Memory
- Discipline
- Fitness
- Coordination



WHY MASTER PIUS?

- 7th degree Black Belt - Kukkiwon
- 5 Times National Champion
- 8th TaeKwonDo World Championship Team Captain, Barcelona, Spain
- All-African Games Heavyweight Gold Medalist
- North American TaeKwonDo Championship Gold Medalist, Columbus, Ohio
- TaeKwonDo Instructor Since 1978
- Phys Ed Major, Ottawa University, Canada
- Personal Training Certification
- Licensed Nutrition Counselor
- Martial Arts Historian & Philosopher



WORLD TAEKWONDO FEDERATION

TaeKwonDo Hall of Fame Recipient
August 25th 2011 - Korea

www.Masterpius.com



MASTER PIUS MARTIAL ARTS & PERSONAL TRAINING CENTER

8811 Roswell Road, Atlanta, GA 30350
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TAE KWON DO

The Korean Ultimate Art of Self- Defense and now an official Olympic Competition Sport.

CARDIO-KICKBOXING

Fun workout to music while getting strong and toned.

PERSONAL TRAINING

One-on-one training with long-term objectives.

LITTLE NINJAS

Group play for ages 3-6 to improve basic listening and motor skills.

LITTLE DRAGONS

Introduction to basic TaeKwonDo for ages 7-12.



Master Pius Martial Arts & Personal Training Center



TAE KWON DO

TaeKwonDo is the international sport and art of self-defense developed over 20 centuries ago in Korea. It uses bare hands and feet to repel an opponent. It is the only martial art designated by the International Olympic Committee as a competitive Olympic Sport.

TaeKwonDo focuses on the empowering nature of mind/body training. The superior techniques hone physical fitness, mental sharpness and strength, flexibility, and stamina. Students learn to defend themselves while also relieving stress and building confidence. Students practice the forms and movements required as they earn their belts, progressing in sophistication and mastery as they advance.

Basic TaeKwonDo is offered to children ages 7-12 in the Little Dragon program. Adult introductory classes are offered, as well as a Black Belt course.



CARDIO KICKBOXING

This is a group class that tones your body, helps shed pounds and provides an unparalleled cardiovascular workout. Accompanied by lively music, it is a dynamic program combining kicks and punches based on basic martial arts techniques. Combinations of various moves are taught over time, are easy to learn and build strength and confidence. Boxing gloves and bags are used.

Master Pius' Cardio-Kickboxing class has been called "the best fitness party."

PERSONAL TRAINING

Our Personal Training program is designed as one-on-one training by a certified instructor and nutrition counselor. Our goal is for each individual to lose weight and/or get toned. We provide computer-generated body analyses, measure body fat and offer individualized meal plans. Programs are tailor-made based on needs, desires and abilities. Our results-oriented approach is to help develop life-long healthy habits and fit physiques at a reasonable pace.

Our three major areas of focus are:

- cardiovascular
- exercise – strength and resistance
- nutrition