

Frequently Asked Questions

Cost: Affordable classes at \$100 per month

Class Size: ~5 to 25 Students

Class Schedule: Monday - Saturday

Child Ranks: Belt Promotion occurs every 8 weeks

Krav Maga Curriculum: 12 Week cycle

Agreement: All programs - 30-day cancellation policy

Promotions: Referral awards



Training For All Ages

Over the years, the ATA has adapted a curriculum for students of all ages and abilities. Children begin training as early as age 3 in the ATA Tiny Tiger program to improve coordination and balance. Programs like Karate for Kids give pre-teen children a healthy extracurricular activity. Adults can start at any age; some have begun training as late as age 65, and have earned black belt status in Taekwondo or excel in Krav Maga.

We believe that the martial arts deliver attributes to students that are not taught in elementary schools and not learned from team sport participation. If your child has not enrolled in the martial arts, he or she may not be well prepared for the trials of life that they will face over the years. Our programs are not about a sport; they are about growing to become a better and stronger individual and most of all, a leader in today's world.

American Heart Association

Lack of physical activity is clearly shown to be a risk factor for coronary heart disease. •Less active, less fit persons have up to 50 percent greater risk of developing high blood pressure and it's associated problems. •Estimates show that up to 250,000 deaths per year in the US, approximately 12 %, are due to a lack of physical activity. •More vigorous aerobic activities done most days of the week for at least 30 minutes are best for improving the fitness of the heart and lungs. •Taekwondo offers the perfect opportunity to take a class with your child, to work together and for both of you to teach each other.

ATA Martial Arts

67 Church Street
Flemington, NJ 08822

www.KarateandKrav.com



ATA MARTIAL ARTS

Kids & Adults - All Ages

Taekwondo*Krav Maga*Jiu Jitsu

IMPROVING AMERICA, ONE STUDENT AT A TIME.

ATA Martial Arts

Phone: 908.237.2826

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TAEKWONDO

Tiny Tigers (Ages 3 - 6)

This program offers children a strong foundation in essential character qualities such as confidence and discipline. The program is designed to improve motor skills, comprehension, and focus using safe and exciting instruction methods.

Karate for Kids (Ages 7 - 12)

There are many reasons for kids to become involved in the martial arts. The Karate for Kids program is based on a lifetime learning concept in addition to the technical skills of traditional Taekwondo.

GOALS.PERSEVERANCE.COURTESY.HONOR.LOYALTY

SELF-CONTROL.RESPECT.INTEGRITY.ATTITUDE

The Karate for Kids program develops greater self-esteem, discipline, and leadership skills while learning basic self-defense maneuvers.

Teens and Adults (Ages 13+)

Learn serious self-defense, improve your physical fitness level, and reduce stress while developing a positive mental attitude and personal goals.

ATA Xtreme (All ages)

Students learn a unique combination of gymnastics, acrobatics, dance, theatre, and martial arts in one exhilarating sport.

CALL TODAY: 908.237.2826

KRAV MAGA

Commando Krav Maga (Ages 13+)

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. Krav Maga students learn effective self-defense techniques; battle tested by military and law enforcement personnel. Krav Maga is reality; we simulate the stress of real life attacks. Classes are informal; no uniforms; ranks are awarded but not emphasized. Students train wearing shoes and street clothes. Krav Maga students will reach a high level of proficiency quickly, learning usable techniques after only a few weeks of training. The program is designed to be effective for men, women, and teens of all abilities. Best of all, the emphasis on realistic training methods and games creates a fantastic calorie burning workout. Since, Krav Maga is based on our natural response to many threatening situations, many people find it easier to learn than traditional martial arts. Overall, at our center we spend extra time with all of our new students to ensure a fun and painless introduction to Krav Maga!

**FITNESS SELF-DEFENSE
FIGHTING CONFIDENCE**

Fight Program (Ages 13+)

Students learn to apply techniques learned in real fighting scenarios. In addition, ground fighting techniques are covered and employed, enhanced by the instructional methods of Jiu Jitsu. Students will also learn vital self-defense techniques against sticks, knives, and handguns.

