



**"RELEASE THE TIGER WITHIN!"**

**-- SELF-DEFENSE FOR BEGINNERS --**

**For Children: Ages 4.5 - 7.5 & Youth-Adults: Ages 8 - up**

**Little Tigers™ Karate** - Do you have a boy or girl, age 4.5 - 8, that you want to enroll in a structured martial arts program? Allow us to introduce Little Tigers™! This program is fun, challenging, and rewarding - all at the same time. Students will learn stances, strikes, and blocks and in addition to the physical, spiritual, and mental benefits gained, Little Tigers™ teaches personal safety, stranger awareness, how to say "NO!" and a host of self-confidence booster activities that allow your young one to unleash the hidden tiger within! Class: Wed at 5:15-6pm

**Tigers Karate™** - For youth - adults, ages 8 and up, we offer a Karate program for beginners based on a fusion of Shotokan Karate, some TaeKwonDO, and other Asian unarmed styles. We emphasize character development, physical/spiritual/mental growth, personal achievement, and the ability to defend and protect one's physical self, if need be. Our program teaches solid technique to the students while also ingraining life lessons about discipline, work ethic, high character virtues, and physical fitness/development. Class: Mon at 7pm

**HOW TO START! TRY IT OUT - FREE!**

To get started, come and take a free lesson! For Children ages 4.5 - 7.5, classes are on Wed at 5:15pm to take a short introductory lesson and to meet the instructor. For Youth - Adults, come on a Mon or Wed at 7pm to try out our Karate program. These programs are designed for beginners with no previous experience so new students may start at any time! Let the whole family come at 7pm M/W and try it out! Special rates for multiple family members so you can learn together!



## **MARTIAL ARTS PROGRAMS**

*Fencing  
Self-Defense  
Padded Weapons*

**"UNLEASH YOUR INNER HERO!"**

Collierville Arts Academy  
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**BATTLE  
MASTERS**

**"UNLEASH THE HERO WITHIN!"**

**-- PADDED WEAPONS --**

**For Children: Ages 7 - 10 & Youth-Adults: Ages 10 - up**

**Little Knights™** - Do you have a boy or girl, age 7 - 10, interested in swords and swordfighting? Then let the Little Knights™ program introduce your up-and-coming Jedi to a safe way to try it: without pain or injury. Using safe, padded weapons, Little Knights™ learn basic movement and handling skills during the Trial Period, then start working on systematic technique, patterns, and blocking/striking sets during regular classes. Students will also learn to fight solo, in pairs, and on battle teams. Classes run in three main segments: Warrior Warmup, Battle Skills, and BattleGames. It's a great workout that develops discipline, eye-hand coordination, teamwork, and control. Mon at 5pm

**BattleMasters™** - For ages 10 - up. Are you Arthur? Leonardo? Skywalker? Unleash the hero within yourself using safe, padded weapons through the BattleMasters™ program and find out! Over the course of the program, you will use shortswords, longswords, staves, double swords, knives, nunchukus, sword/shield, and arrows as you develop systematic technique, patterns, and blocking/striking sets during regular classes. Experience fun yet serious Battle Games designed to let you apply your newly acquired skills. It's the closest thing to a video game there is! Mon/Wed at 6pm.

**TRY IT OUT IN THE STARTER COURSE-ANYTIME!**

**\$90/4 weeks for Youth through Adults: Ages 7 - up**

Little Knights: Mon at 5pm / BattleMasters: Mon at 6pm

To get started, you need to take the Padded Weapons Starter Course! This is a four-week introduction to the Little Knights™ or BattleMasters™ programs. You will be shown how to handle a sword properly, learn some basic stances and footwork, develop striking/blocking skills, and how to shoot our arrows! You will learn a systematic approach to angular striking and be shown partnered pattern-sets that teach proper blocking and control of force. It's all taught using modern padded weaponry - so we can really see what it's like to strike each other firmly without fear of damage and pain. Last, you will experience at least one of our signature BattleGames during your Starter Course so you can truly see why BattleMasters™ is SERIOUS FUN!!

**For more info, go to [www.battlemasters.net](http://www.battlemasters.net)**



**"DISCOVER THE CHAMPION WITHIN!"**

**-- MODERN FENCING --**

**For Children: Ages 7 - 10 & Youth-Adults: Ages 10 - up**

**Fencing for Children, ages 7-9:** For the youngest students, we introduce a very basic understanding of body stances, footwork, and bladework using high-tech plastic foils with buzzers in the tips and special masks. These young fencers can practice and put it all together - without a lot of extra equipment and training during 30 min classes that prepare them for the next level at age 10. Fridays at 5:30pm

**Youth Fencing, ages 10-12:** Make real progress by building upon fundamental technique, developing solid movement skills, and becoming familiar with the terms, rules, and structure of the Modern Fencing experience. Solid growth comes from training during regular class and application in regular sparring. Tue/Thurs at 6pm

**Teen/Adult Fencing, ages 14-up:** Skills are strengthened and knowledge expanded with regular group classes and weekly sparring. You will solidify fencing concepts, hone reaction times, and drive towards entering local and regional competitions. Whether beginner or advanced, regular practice and drilling engenders serious results as you improve and stretch towards your personal fencing goals! Tue/Thurs at 7pm.

**TRY IT OUT IN THE STARTER COURSE - ANYTIME!**

**\$90/6 weeks For Youth through Adults: Ages 10 - up**

To get started, you need to take the Modern Fencing Starter Course! This is a six-week introduction to the Modern Fencing program. For Youth, it is normally offered on Tuesdays at 6pm. For Teens/Adults, come to any Tue or Thurs at 7pm to start. You will be challenged with basic footwork and concepts, learn about the rules of Fencing, get to handle a foil and an epee, and eventually put it all together in intense, exciting sparring. By the end of the Starter Course, you WILL KNOW if this is the sport for you! Are you ready for the ultimate game of physical chess? EN GARDE!

**For more info, go to [www.memphisfencers.org](http://www.memphisfencers.org)**