



North Star
Martial Arts Ministries



Karate

Korean Style Tang Soo Do & Self Defense

Monday Evenings 6:15 - 7:30

All Ages - Beginner Skill Level - Classes are Free in March & April
Just show up wearing comfortable workout clothing.

Mountain Brook YMCA

Starting Monday March 22nd

North Star Martial Arts Ministries is a non-profit, Christian martial arts organization, dedicated to providing a wholesome opportunity for individuals and families to enjoy fitness, self-defense, and competitive athletics, centered around the traditional Korean Tang Soo Do style of karate. An emphasis in this class will be placed on personal self defense using a variety of techniques from Tang Soo Do, Aikido, Jujitsu, MMA, and Law Enforcement Training. There are no contracts or long term commitments. Classes are free in March and April.

3 Other School Locations:

Homewood - Homewood Recreation Center: Mondays & Wednesdays 3:30 – 5:00pm

Wildwood - Aldersgate United Methodist Church: Tuesdays & Thursdays 6:00 – 7:00pm

Inverness - Christ Church United Methodist: Tuesdays & Thursdays 4:00 – 5:30pm



For more information, please visit our website...

www.northstarkarate.com

Warren Smedley: (205) 223-8117



Confidence

Build Confidence.

Defend yourself.

Avoid Conflict.



Strength

Develop Focus.

Develop Power.

Gain Self-Esteem.



Achievement

Be Challenged.

Compete & Win.

Enjoy Fitness.



Recognition

Set and Achieve Goals.

Earn Respect.

Join an Elite Team of Athletes.



磨手道

Tang Soo Do

YMCA Tuition Plans

Individual: \$30 per month*

These rates ONLY apply to Mountain Brook YMCA classes.

** Fees are based on automatic EFT (debit) billing from your checking account. Higher rates apply if you prefer a monthly statement.*

**NO CONTRACTS
NO MINIMUM COMMITMENTS**

Other Fees & Costs:

Registration: \$60 (one time)
Includes uniform

Testing Fees: \$30 (per test)

Protective Pads: \$85 (optional)

Karate Shoes: \$45 (optional)

Tournaments: \$varies (optional)

Bring family & friends!

**March & April
are Free!**

Give us a try during March & April.
There is no obligation to join.