

**WINTER
& SPRING BREAK**

PMAFA KARATE

**KARATE
CAMP**

Pure Martial Arts Fitness
2338 Main St.
Bridgeport, CT 06606



Website: www.pmafa.com
Tel. (203) 368-0773
E-mail. camp@pmafa.com

Morning Lessons
9 - 12 p.m.

or

Afternoon Lessons
1 - 4 p.m.

\$55/Wk

**February 21 -25
April 18 - 22**

PICK-UP AND DROP OFF
Some restrictions apply.

- Daily**
- Meditation**
- Reading**
- (Lessons of the MA Masters)
- Stretching**
- Courtesies & Etiquette**
- Endurance**
- Self-Defense**
- Training**
- Fun Break**



MEMBER OF



SELF-CONTROL

CONCENTRATION

FOCUS

TRAINING

**I MONTH
IN
I WEEK**

Visit
www.pmafa.com