

Mixed Martial Arts

Limited Contact Training Programs For Teens and Adults

Join the Demolition Club!



EIGHT WEEK MMA TRAINING PROGRAM

KICKS, HAND STRIKES, THROWS, GRAPPLING & LOCKS
TAUGHT WITH EMPHASIS ON
TRADITIONAL MARTIAL ARTS VALUES AND TEAM WORK.

*Instructors Cornelius Barnes and Ray Pruitt provide a scaled
down, safety conscious, professional training camp experience.*

TRAIN MON/WED/FRI/SAT FOR 8 WEEKS

CAMP BEGINS 1/23/10

Danville Karate International

CALL 925 820-9612 FOR RESERVATIONS

COST FOR THE CAMP: \$560.00(\$17.50 PER CLASS)