

Dynamic Edge



Martial Arts

SELF-DEFENSE

FITNESS

CONFIDENCE

DynamicEdgeMA.com

417-889-8900

DynamicEdgeInfo@gmail.com

ADULT CLASSES



X-KICK
TEEN/ADULT
FUNCTIONAL STRENGTH
CARDIO & FLEXIBILITY
FITNESS KICKBOXING



KENPO KARATE
JIU-JITSU
THE ART & SCIENCE OF SELF-DEFENSE &
MARTIAL ARTS SKILLS



WEAPON TACTICS
FOR STICK AND KNIFE
KENPO, ESCRIMA, KALI



Adrenaline Crisis Training:

WOMEN'S SELF-PROTECTION TRAINING
ADULT SELF-PROTECTION
AVOIDING ROAD RAGE

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CONFIDENCE FOR KIDS

Dynamic Edge



Martial Arts

SELF-DEFENSE

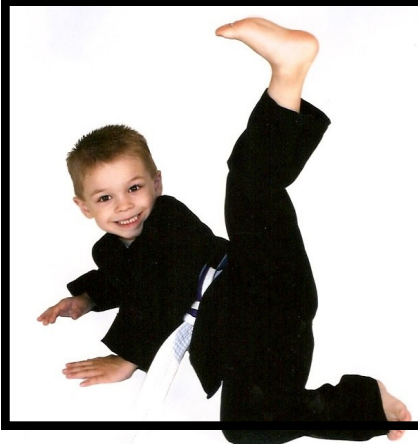
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Little Ninjas Ages 4-6

4-6 year olds Martial Arts Fundamentals, Listening skills, Emotional Management, & Movement Skills. Respect, Self-control, Focus and confidence.

Class Time: 30min



Warrior Scholars: ages 7-12

Martial Arts Fundamentals, Listening skills, Emotional Management, & Movement Skills. Respect, Self-control, Focus and leadership skills. Students learn Self-defense, Kenpo, kickboxing, Jiu Jitsu and Escrima

Basic: White, Yellow/striped, Yellow, Orange .

Intermediate: Purple, Blue, Green, Brown-1

Advanced: Brown-2, Red-1, Red-2, Red-3— Black Belt

Class time 45min



Bully Blockers & workshops

We can come to your Organization, Business or School

We offer presentations and programs for children's safety, fitness and achievement such as Stranger Danger, Bully Busting and Motivational workshops like the ABC's of Success.

We have special workshops and presentations for adults as well: personal safety, Women's self-defense and Executive personal training lessons.



Birthday and Achievement Parties!

A "Karate Party" includes an authentic karate class, juice drinks, paper goods, games and prizes. The entire party is 1 1/2 hours of fun, exercise and games. Cost for 15 children is only \$169 (for non-members)