

There's Always lots going on at DMA!

We have the most complete family training facility in the area for getting and staying healthy. All while having a great time doing it! We offer a complete Martial Arts Training for the entire family, a Full Fitness Center including a Boxing Ring and MMA cage all in one stop. Come check it out Today!

<p>AMERICAN KENPO KARATE EAGLE METHOD The most powerful self defense system ever created! Over the last 15 years our Senior Instructors have developed the most dynamic method of teaching this Dynamic "real time" self defense.</p>	<p>SCHOLARS' CLUB AFTERSCHOOL CARE AND CAMPS: We pick them up from school, they can complete their homework and participate our special curriculum that teaches them self-esteem, self-confidence, self-discipline and self-control.</p>
<p>COMPLETE FITNESS CENTER: We have a complete Fitness Training center for weight lifting and cardio. We offer Open gym and personal training.</p>	<p>Mixed Martial Arts MMA is one of today's most popular forms of Martial Arts. It combines "stand up" and Grappling.</p>
<p>REIKI CIRCLE The Japanese word "rei-ki" means "universal life force." Reiki can help to balance the energies in the body which revitalizes our life force. This can help us physically, emotionally and mentally.</p>	<p>CAPOEIRA It has been described as a martial art, dance, a game, a form of self defense or any hybrid of all of these. It's a rich fabric of motion, elegance, percussion and song. The cardio benefits are awesome.</p>
<p>ZUMBA DANCE This Latin American dance is sweeping the country! Get ready to melt away the pounds and get in the best shape all while having a blast doing it!</p>	<p>PERSONAL TRAINING Our personal trainers are certified experienced and friendly. Our training schedules are flexible and we can build a schedule that fits your needs.</p>
<p>COMPETITION We are members of MAC TOUR USA which promotes local events plus our championships as part of the World-Wide Martial Arts Festival</p>	<p>CARDIO CLASSES We offer Cardio Kickboxing, Cardio Boxing, and Boot Camp Training. for beginners thru advanced our cardio program offers the most comprehensive programs.</p>
<p>KIDS MOVIE NIGHT/ PARENT'S NIGHTS OUT Every 5 weeks Immediately following Belt Graduation we have a party for the kids and give Mom and Dad a chance to go out for sometime just for them.</p>	<p>BELT GRADUATIONS Ten times a year we celebrate our students progress with a touching ceremony that displays our achievements. This is one way we learn goal setting and achieving.</p>

**FOR MORE INFORMATION CALL 954-370-0001
OR VISIT OUR WEBSITE
WWW.MORETHANKICKS.COM**

Class Schedule

Effective Jan..17, 2011. *Classes are PM unless indicated.* Little Eagle and Tiny Tiger classes are 30 minutes. Children, Teen and Adult Karate Classes are 45 minutes in length. MMA and Cardio Classes are 1 hr. Competition and Demo practices are 1 1/2 hrs

Class	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat	Sun.
Scholar's Club	Beg. 3:30	Int./Adv 3:30	Beg. 3:30	Int./Adv. 3:30	Sparring 4:30		
Little Eagles	4:15	5:45	4:15	5:45	5:15	8:45am	
BEGINNER W, Y, O	6:15	4:00	6:15	4:00	Sparring 4:30	9:00am	
INTER-MEDIATE P, B, G	4:45	6:15	4:45	6:45 Sparring 6:15	Sparring 4:30	9:00am	
ADVANCED Br, R, Jr Bik	5:15	6:45	5:15	6:45 Sparring 6:15	Sparring 4:30	Adv 9:00 am Black Belts 10:30 am	
Young Adults	5:45	7:15	5:45 Sparring 8:00	7:30		9:30 am	
Adults	8:00	9:30 am 7:15	7:15 Sparring 8:00	9:30 am 7:30		9:30 am	
Adult Special	Cardio Kick 7:00 Zumba 8:00	Cardio Boxing 7:00 Capoeira 8:00	Cardio Boot Camp 7:00	Capoeira 7:00 Reiki Circle 8:00		Zumba 9:00am Cardio Kick 9:30am	
Kid's Special	Jr. MMA 5:30	Jr. MMA 5:30	Jr. MMA 5:30	Jr. MMA 5:30	Demo Team 6:00	Weapons 9:30am Competition 11:30 am Jr. MMA 12:30	

*Serving Davie, Plantation & Weston with a complete Martial Arts Center
• Fitness Center • MMA Cage • Boxing Ring and more for the entire family!*

Dynamic Martial Arts

(Formerly Black Belt Studios)

12940 State Road 85, Davie, FL 33325
Corner of State Road 84 and SW 130 Ave.

954-370-0001

www.morethankicks.com