



# Martial Arts Classes

5th Degree Master Black Belt Brad Seward is offering martial arts classes at **True North Fitness** . Adults and children, male and female are welcome. Ages 6 and up. New students can start at anytime. White through Black Belt curriculum. Classes will be held on Thursdays from 6:30-8:00 p.m. Gain self defense knowledge and improve in all aspects of your life. Martial Arts adds a great supplement to other athletics. Class teaches self defense, discipline, self esteem building and cardiovascular fitness. Take charge of your future!

## Coszacks Elite Defense System

**Eclectic Self Defense Style which teaches:**

- Okinawan Shorin Ryu Karate
- Jidokwan Tae Kwon Do
- Combat Judo
- Oriental Weapons (Staff and Nunchucks)
- Jiu Jitsu

For club information check our website:  
[www.coszacks.com](http://www.coszacks.com) and  
[www.facebook.com/thecoszacks](http://www.facebook.com/thecoszacks)

**Tel: 740-819-4852**

**Classes begin December 3rd 2015**  
**Thursdays 6:30-8:00p.m.**  
**\$40 one time registration**  
**\$7 per class (prepayment options)**  
**\$5 per class with True North Fitness**  
**Membership**