

# American Academy of Martial Arts & Fitness

10578 Northfield Rd.

330-468-4923

## Kali Defense Classes

8 week program for \$75 starting Tuesday, May 1st from 7:00-8:00pm

Adults and Teens 15 yrs. & up

Pre-registration required

Instructor:

### **Guro Martin Johnson**

20 years in martial arts studying Shaolin Gung Fu, Tae Kwon Do, knife fighting and Kali.

Guro Johnson has studied Kali with Punong Guro Tony Marcial in the Marcial Tirada method of Kali. He has also studied with Edgar Sultie founder of Lameco Eskrima and well known martial arts author.

Under the tutelage of Master of Arms James Keating, Mr. Johnson furthered his skills in knife fighting. Holding both black belts and black sashes, Guro Johnson is able to teach the art of Kali so that it can be applied and blended into your own martial arts style.



### **Why should I learn Kali?**

- \*You learn practical self-defense
- \*Your upper body, arms and legs will become toned
- \*You will increase your fitness and aerobic capacity
- \*Parts of your body, such as your forearms, elbows and hands will benefit from conditioning, making them more resistant to pain and injury
- \*You will become more flexible
- \*You will benefit from increased manual dexterity and coordination, this is derived from performing exercises with two weapons and weapons of different sizes
- \*You will be able to use any weapon, even ones you have not used before
- \*It complements and enhances any martial art. It can be learned independently from other martial arts or grafted seamlessly into any form of exercise you do already
- \*Many of the techniques do not require strength or power, since most of the power is derived from body movement and economy of motion
- \*Anyone can learn

# Kali Defense classes

## Tuesdays, starting May 1st, for 8 weeks (no class May 29th)

### Individual Registration (please print all information clearly)

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Last Name

\_\_\_\_\_  
Address (Street, City, Zip)

\_\_\_\_\_  
Phone

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Birthdate

\_\_\_\_\_  
Age

M - F

\_\_\_\_\_  
E-Mail address

For current martial arts students:

\_\_\_\_\_  
Belt Color

\_\_\_\_\_  
Rank

\_\_\_\_\_  
Number of Years or Months Training

\_\_\_\_\_  
Dojo Name

\_\_\_\_\_  
Years \_\_\_\_\_ Months

Pre-register - Send registration form with class fee of \$75 to:  
American Academy of Martial Arts & Fitness  
10578 Northfield Rd.  
Northfield, Ohio  
44067  
Ph. 330-468-4923  
AAMAFitness.com

***Make check payable to: American Academy of Martial Arts***

(No refunds or credits for missed classes)

### Waiver and Release of Liability

I hereby for myself, my executors, my heirs, my family, forever and always agree to hold American Academy of Martial Arts and Fitness, and its instructors and students involved with these classes harmless of any and all liability and/or injury I sustain for any reason whatsoever, for any activity related to or sponsored by American Academy of Martial Arts and Fitness. I hereby for now and forever accept any and all responsibility for any and all of my actions in conjunction with American Academy of Martial Arts and Fitness. I further agree not to hold any of the aforementioned responsible for any and/or all of my actions. I knowingly acknowledge that there is a risk of personal injury in participating in these classes. I further certify that I am physically fit to participate in these classes and that I know of no medical or psychological problem to prevent my participation.

\_\_\_\_\_  
Name (please print)

\_\_\_\_\_  
Signature (or parent/guardian if under 18)

\_\_\_\_\_  
Date