

OUR ADULT PROGRAM

AT NAPA VALLEY MARTIAL ARTS ACADEMY

STREET MIXED MARTIAL ARTS

(Reality-Based Fighting Systems)

TUESDAY & THURSDAY 5:00 - 7:00 p.m.

For the adults at Napa Valley Martial Arts we offer Kenpo Karate, Jeet Kune Do, Ground Fighting, Israeli Combative Training & Functional Weapon use. All are **FUN** and effective! No attitude for no injuries! No previous experience required!

Beg/Intermediate (5 - 6 p.m.) - This class is great for the very beginning or intermediate knowledge of martial arts. Come and learn how to really be effective and dangerous, if need be! It's great for both men & women. We teach the basics of Kenpo, JKD, Israeli styles, boxing, self-defense and street fighting.

All information taught is for real-life situations.

KENPO/JKD - Chinese in origin, is traditionally a self-defense technique which incorporates hand strikes, elbows, knees, and low kicks to accomplish it's goals. Also covered are defenses against guns, knives and sticks. Ground defense is also covered. This style is only offered to teen and adult students 13 and up. Jeet Kune Do, the style of created by Bruce Lee, is taught in conjunction with the Kenpo program, which includes street fighting techniques, joint locks, speed, accuracy & power drills.

Ground Fighting - Our Ground Defense system is Brazilian in nature and accelerated with the infusion of Israeli and Filipino styles to make our ground fighting system the most vicious possible. We are not preparing fighters for the Octagon or UFC, only for street survival.

\$30 Special

2 WEEKS OF UNLIMITED CLASSES

INCLUDES FREE UNIFORM/GI

(No obligation to join, give it a try)

Beginning classes are Tues & Thurs 5:00 - 6:00 p.m.

Napa Valley Martial Arts Academy

2485 Stockton St., Napa

(Off Calif Blvd, 2 blocks south of 3rd Street)

CALL 224-6431