
C.F.M.A. Services Include:

- ☯ Excellent Instruction in various facets of Martial Arts and Self-Defense
- ☯ A Respectful, Nurturing Environment Where All Are Welcome
- ☯ Certified Black Belt Instructors
- ☯ Low Registration and Class Fees – No Contracts!



- ☯ A Great Way to Build Self-Confidence and Self-Discipline
 - ☯ Cardiovascular Workouts
 - ☯ Convenient Class Times and Locations
 - ☯ Speed Brick Breaking, Weapons, Women's Self-Defense
 - ☯ Off-Site Classes/Seminars at your Location
 - ☯ Demonstration, Competition and Exhibition Opportunities for Students
-



Community Fitness Martial Arts
P.O. Box 46692
Mount Clemens, MI 48046

Community Fitness Martial Arts

Mich. Non-Profit #798693



“Home of the Brick Masters!”

**P.O. Box 46692
Mount Clemens, MI 48046
Phone: (586) 222-4361
www.brickmasters.org**

Affiliated with:



The Community Fitness Philosophy

Community Fitness Martial Arts is an exciting not-for-profit martial arts program, also affectionately known as the “Home of the Brick Masters”. Within a **safe nurturing environment**, we teach karate, tang soo do, tae kwon do, and self-defense techniques to students of all ages with an emphasis on encouraging kids to **boost their self-confidence, self-control, and overall life skills**.

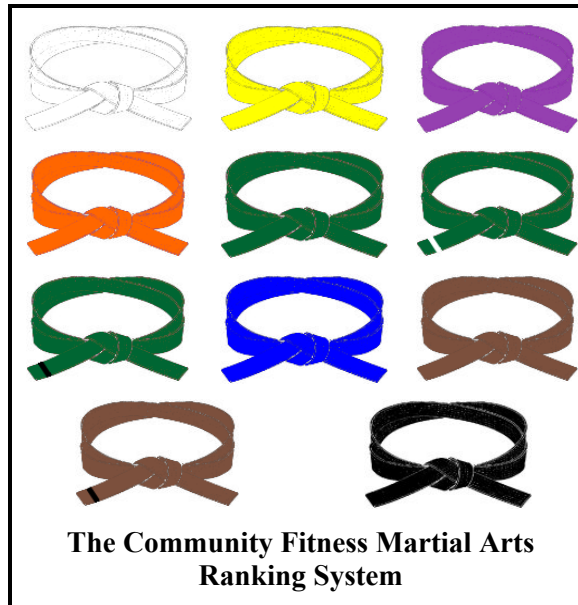
In our program serving the Metro Detroit Area, **students learn respect, honor, and discipline** as applied to themselves and others. They improve balance, motor skills, and coordination. And, we practice **HIGH TEMPO** martial arts which will **greatly improve students’ cardiovascular endurance and fitness level**.

Several locations are now available in Mount Clemens and Madison Heights, with more schools and locations coming soon!

Visit www.brickmasters.org or call us today at (586) 222-4361 to find out about classes near you!

Aren’t All Martial Arts Programs Basically the Same?

No! At Community Fitness, we believe that **an effective martial arts program focuses on what works, with emphasis on quality, adaptability, and allowing sufficient time for instruction and drills**. When you visit one of our schools, you'll see not only our primary Tang Soo Do style, but **other self defense techniques** such as ground escapes, choke hold defenses, weapons instruction, spontaneous combination line drills, and even 2-on-1, 3-on-1, and 4-on-1 attack simulations! And of course, speed brick breaking.



It’s All About Honor!

Unlike a usual one-hour martial arts class, **a typical Community Fitness class lasts 2 - 2 ½ hours long!** Fees stay low because our instructors, while passionate about teaching their art, do not rely on martial arts income for their livelihood. With low overhead, revenues flow back into the program, benefiting all students. Aside from a very modest term registration fee, classes are strictly on a pay-as-you-go basis. **No costly long term contracts! Low testing fees!**

Starting with our Little Scorpions at ages 3 to 5, **we empower all students to achieve their maximum potential in martial arts and in life**. Transferring from another school? You’ll keep your current rank! Every student is a member of our “Black Belt Club”. **There simply isn’t a better for value for the dollar for high-quality martial arts instruction.**

