



# Warriors Realm

## Martial Fitness Training Systems



# Junior Warrior

**Training class.**

**Learn about martial arts, fitness and life skills.**

<b>Balance</b>	<b>Exercise</b>	<b>Anti-drug</b>
<b>Cooperation</b>	<b>Listening</b>	<b>Fire safety</b>
<b>Coordination</b>	<b>Memory</b>	<b>First aid</b>
<b>Respect</b>	<b>Discipline</b>	<b>Health</b>
<b>Nutrition</b>	<b>Home Safety</b>	<b>Stranger Awareness</b>
<b>Traffic Safety</b>	<b>Weather Safety</b>	<b>Holiday Safety</b>

Lastly but by far not the least they will learn real life martial arts skills through the use of drills that they will be able to use to keep themselves safe.

Where: World Class Martial Arts  
Location: 2 Palmer Drive  
Londonderry, NH 03053  
Telephone: 603-682-4980



When: Tuesdays @ 6:30PM until 7:15PM

Cost: \$25.00 per month ( twenty-five dollars per month )

Contact: Tim Thomas  
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