

LET THE JOURNEY  
BEGIN

We operate a professional Martial Arts School....Our TEAM is comprised of Black Belt achievers.

We offer a diverse arena of all ages of students, from beginner programs to advanced Masters training programs we will suit your needs as you progress. If you have already trained with another dojang our assessment will determine which program will challenge you further. Every class is different and our schedule is flexible to offer classes throughout the week.

Please call us to book a free introductory lesson and get started on you mind, body and spirit journey.

Visit our website at  
[www.collingwoodmartialarts.com](http://www.collingwoodmartialarts.com)  
to view what others say about our TEAM.  
You can also watch a live class, just click the play button on the Media Player Bar.

**Ask about our awesome  
Birthday Bashes!**

**Call Today 444-0240**

OTHER PROGRAMS WE  
OFFER

Be sure to inquire about the many Martial Arts Programs available, we have something for everyone!

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### Little Dragons Program

An age specific program geared towards helping smaller children begin to focus and learn to set small personal goals.

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### Children's Program

At school age we will begin to promote character development through the use of Martial Arts. Students will learn self-esteem, self-discipline and techniques on how to defeat a bully in a non-violent way.

COLLINGWOOD  
MARTIAL ARTS

9495 Highway #26 East of Collingwood  
(Just past Poplar Side Road)

Phone: 705-444-0240

Fax: 705-444-2843

E-mail: [info@collingwoodmartialarts.com](mailto:info@collingwoodmartialarts.com)

COLLINGWOOD  
MARTIAL ARTS  
CENTRE

ADULT  
PROGRAM



[www.collingwoodmartialarts.com](http://www.collingwoodmartialarts.com)

# UTILIZING MIND, BODY, AND SPIRIT

## Not Just Another Workout!

Our adult students really appreciate the differences between martial arts training and standard exercise programs. Our workouts are a great way to get in shape, learn to defend yourself, and relieve stress.

Martial arts are well known for its stress relieving benefits. The emphasis on mind-body training goes far beyond the benefits of standard, exercise programs. I think the confidence building part of our program is what students appreciate the most. Nothing can take the place of the security in knowing that you can defend yourself, if you have to. **What we teach you could save your life.**

At our school, everything we teach is reality based. Our instructor's work very hard to insure that most any situation you might encounter is covered in the classroom under very safe learning conditions, so you will be prepared.



## Lessons In Mindfulness

In the Lessons in Mindfulness program, the meditation techniques are not based on religious beliefs or rituals. The lessons refer to meditation as a technique that helps the student control his or her mind. By learning to control thoughts, one is better able to deal with stress, tension, and anxiety as well as negative feelings like anger, fear and frustration. Teaching our students effective fighting techniques without teaching them how to control their minds and emotions could be dangerous.



## INTRODUCTORY GUEST PROGRAM

2 week—4 Lessons plus uniform, if you sign-up at your information session

**ONLY \$49.99 + Tax**

Over \$150 Value Call Today to schedule your free introductory lesson!

Practicing meditation for just a few minutes a day leads to a happier, more stress-free life. Learning the skill of controlling the mind empowers a student to be more effective in dealing with day-to-day life. Students begin to become masters over their actions rather than prisoners of their reactions. It is through greater mindfulness of their own thoughts and behaviours that mothers become better moms, fathers become better dads, an employee becomes a better employee, a friend becomes a better friend, and a Martial Artist becomes a better Martial Artist. Through our program we offer the tools to build your mind as well as your body.

## Our program is a lot of fun

The reason our program is so successful is because we make the classes fun and exciting. We learned a long time ago that if people are having fun, they learn much faster.

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