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Welcome to the Black Belt Fitness Center!!



The Black Belt Fitness Center was created with the goal of providing the best martial arts instructions available to anyone and everyone that ever wanted to learn martial arts. We are dedicated to not only help you achieve physical fitness, but also mental fitness. Our training will help you get fit, build your confidence, raise your self-esteem, heighten your senses, all the while teaching you life-saving skills and techniques. You will learn and appreciate the history and beauty of various martial arts as you are immersed in the culture and philosophy of the styles.

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Fitness, Self-Defense, Exercise, Discipline...



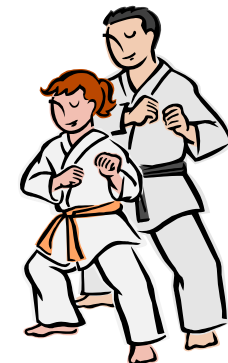
No matter what your reasons and goals are for taking martial arts, we'll help you achieve it. We'll build your strength, increase your endurance, and improve your flexibility. We'll teach you practical self-defense techniques that can save your life. We can teach you discipline, patience, perseverance, and honor, while raising your confidence, self-esteem, and outlook on life. When you join the BlackBelt Fitness Center, you are joining a new unique

family. We all have one goal, to improve ourselves and our life. We help and assist each other as we're all united in a mutual friendship.

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We have a variety of classes to suit your needs and experience.

- * We offer a variety of styles such as Taekwondo, Hapkido, Judo, Miyama Ryu Jujitsu, and Karate
- * We offer classes for beginners, intermediate, and the experienced
- * We accept students from age 4 to age 80.
- * We have private trial lessons to give you the best evaluation to determine the most suitable training program for you
- * We have fully qualified and experienced instructor and staff to ensure you get the best instructions available



Common Questions About Martial Arts

Who is eligible to participate? Anyone over the age of 4 and under the age of 80.

Must I compete in tournaments? No, participation in tournaments is voluntary.

What part does natural ability play? Very little. Progress in Martial Arts depends on attendance in class and practice time at home. Mastery is possible through regular study.

Why study Martial Arts? A few of the many benefits are physical fitness, weight control, stress management, confidence, self-discipline, balance, control, and self-improvement.

How long does it take to become a black belt? With regular attendance the average person will achieve 1st Degree Black Belt in approximately 3 years.

How do I enroll? To enroll, call 718-204-1777 for an Trial Lesson.

**Let Black Belt Fitness Center
customize a training program
for you!**

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Black Belt Fitness Center



Professional Martial Arts School

Modern Sport Training

Traditional Martial Art

Ancient Philosophy
