



United States Karate Center

Outdoor - Mixed Martial Arts Classes



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We are running Covid-19 friendly outdoor classes for students to learn mix-martial arts. The program is structured by fusing techniques and drills from five disciplines (Hap-Ki-Do, Aikido, Aiki-Jujitsu, Judo & Tae-Kwon-Do) which makes the practice unique and more effective in real-life scenarios. The curriculum not only focuses on self-defense, but also on the holistic approach of wellness and self discipline for adults and children alike. Master Thomas & Assistant Murali are personally teaching classes for children by the Tennis court in Coppermill Townhomes Community. Visit us at www.1uskc.com for more details.

- ▶ Students: Ages 10-18
- ▶ Times: 3 classes per week
- ▶ Curriculum: Forms, Holds, Drills

When: Mondays, Wednesdays & Saturdays
Starting August 3rd, 2020

Where: By the Tennis Courts near
13288 Coppermill Dr
Herndon, VA 20171

Time: M&W - 7pm-8pm; Sat - 9:30-10:30am

Other: We will be practicing social distancing
and wear masks for training.

For Details Call

Master Thomas: 703.967.7058

Murali Mooliyil: 703.216.8314