



Welcome to our school!

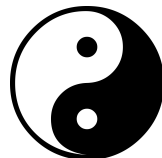
Masters Studios
of North Charleston has been
serving the North Area since 1999.

Our mission is to provide a
safe, professional and motivating
environment for our students to reach
their goals in health and fitness, self
defense, focus and confidence.





Classes for ADULTS:



Shaolin Kempo Karate

Get into **great physical shape** while learning **practical self defense** in a **motivating and fun environment**. In the beginning, we develop a strong foundation of basics; you get to **progress at your own pace**. Each class will offer versatile workouts and an opportunity to learn something new while strengthening old material. Most importantly, you get to immerse yourself in a **positive environment** with the **strong support** to help you **reach your goals**.

Tai Chi Chuan

Chinese soft martial art with emphasis on **improving awareness, balance and effortless movement**. It offers a **gentle non impact way of exercise** and is perfect for the **rehabilitation of injuries**. It is also beneficial to anyone with weak joints or back problems. Most importantly, Tai Chi is great for **releasing stress, improving flexibility, circulation and the function of the nervous system**.

Kung Fu / Wu Shu

Focus mainly on Long Fist Style with emphasis on **flow of movement, extension and flexibility**. It is also a great way to **get in shape and increase ones mental focus, coordination and balance**. The movements are easy on the body and offer a **low impact way of exercise**. As always, you get to **progress at your own pace** to make the most out of the experience.



Classes for CHILDREN:



We use Martial Arts exercises and routines to engage and challenge our students, thus improving **physical as well as mental** attributes while learning self defense. We hold high standards and focus on offering a good education rather than just belts. Our students pride themselves on their **discipline** and their ability to **focus, listen and follow directions**. We encourage good choice-making as the first step to practical self defense, confidence and excellence.

Most importantly, all children get to **progress at their own pace**. We keep a high instructor to student ratio and each child receives ample and appropriate personal attention.

Group classes are offered for children who are 6 years old and older. 5 year old children and younger begin their martial arts practice in a one on one setting.

CLASS SCHEDULE FOR CHILDREN

MONDAY 5:30 PM - 6:15 PM

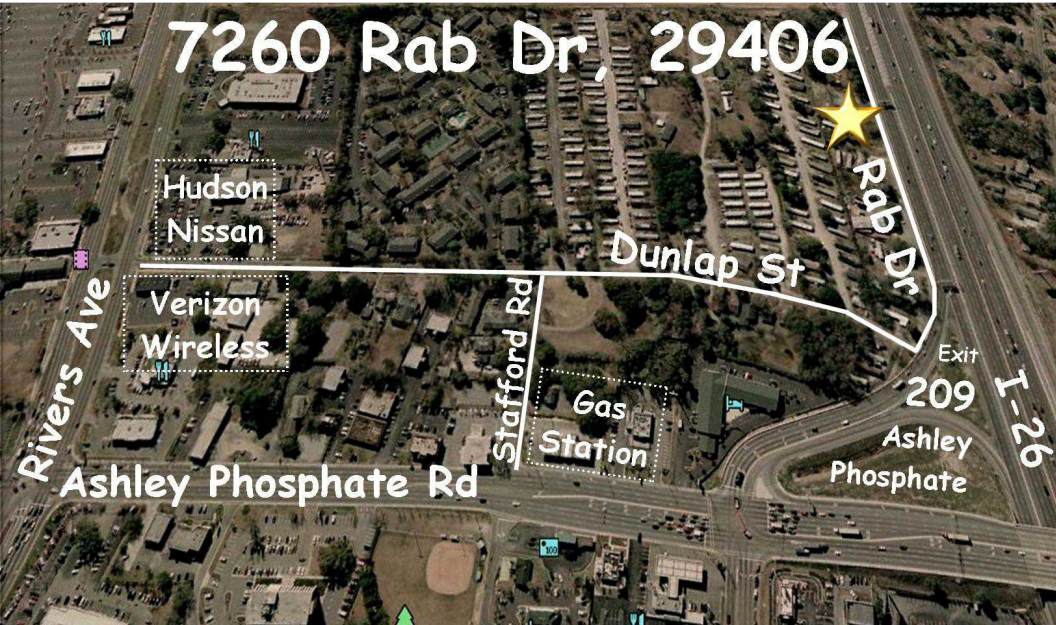
WEDNESDAY 5:30 PM - 6:15 PM

FRIDAY 5:30 PM - 6:30 PM

SATURDAY 12:00 PM - 12:30 PM



North Charleston Masters Studios



Call 843-797-1031

To schedule you

ONE WEEK TRIAL:

\$30