

JOIN US!

PUREDEFENSE TRAINING CLUB

CHRIST CENTERED, FAMILY ATMOSPHERE

- **Mix Martial Arts** (*Of NinTai*)
- **Weapon Art**
- **Parkour/Agility**
- **Historical Dance** (Pre-Colonial, Colonial, Regency, Civil War, Edwardian)
- **Ballet** (*All Levels*)
- **Celtic Dance** (*Folk, Soft & Hard Shoe – see age groups*)
- **Fitness & Self defense**
- **Bible Club**

LOCATED OFF ROUND HILL ROAD

King George

Private Location, Indoor, Outdoor and Online Training Available

Ages: 3-9 · Pre - teens · Teens · Adults · Mature-Adults · Experienced · No Experience

PureDefenseTraining.com

We Can't do this without you!

Call/Text: 540-419-6357

Email. PureDefenseTraining@yahoo.com

Website: <http://PureDefenseTraining.com>

(Let's work to be prepared together!!)

**SEE AGE GROUPS
ALL FITNESS LEVELS WELCOME**

ABOUT:

Self-discipline
Integrity
Respect
Honesty
Social Skills
Hope, Focus, Fitness,
Flexibility, Performance,
Endurance...

OUR MISSION

*Taking time to invest in talents and treasures locally, nationally, and internationally.

*For the purpose of positively impacting Martial Artists, Non-Martial Artists, as well as kids, youth and adults.

*To demonstrate a steadfast commitment to God and His Word through Service, Integrity, Excellence, and Personal Development.

Work with:

Certified/Licensed Master Instructor, 9th degree Black Belt, Sensei Peacock.

For More information:

Please see our Website
PureDefenseTraining.com

Our Club Sponsors:

- ***Better Grooming***

Because He gave us dominion to care! >>

- ***Ye Ole Stitch Shop***