



## Positive Health - Positive Character Positively FUN!

▶ Student Resources

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Thursday June 24, 2010

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### Come Train to Gain

- ▶ Develop **Leadership** and **Teamwork** qualities for **Success** at School, Work and Home
- ▶ **Diversified Training** through Martial Arts Enrichment seminars.
- ▶ A **Family-Oriented** School where students build **Lifelong** Friendships.
- ▶ Unique classes with **Personalized Instruction**.
- ▶ **Experienced Instructors** all ranking 4th Degree Black Belt or above!

### Welcome to Northeast Martial Arts Center!

Northeast Martial Arts Center has been a fixture in the community for nearly 20 years. We work closely with local school districts, teachers, parents and community officials in furthering the education, safety, health and character development of children throughout the Capital Region.

We specialize in Taekwon-Do, Defensive Hapkido and Tai Chi instruction. Our school provides a unique class structure which offers a personalized approach to instruction that meets every student's goals in their training. Our specialized programs provide a safe, friendly learning atmosphere that meets the needs of all students.

We are conveniently located just moments off of exit 2E of I-87 at 1321 Central Avenue in Colonie, NY, 1/2-mile East of Colonie Center. Contact Us to schedule a visit to our facility today!



**Defensive Hapkido:** Self-Defense Made Simple! Ages 14 & up. Click for more info.



**Taekwon-Do Tigers:** A Specialized Preschool Enrichment Program Ages 3 to 5. Click for more info.



**Taekwon-Do:** Self Improvement Through Self Confidence and Self Discipline! Junior: Ages 5 to 14. Adult: Ages 12 & up. Click for more info.

▶ [Click To View Additional Programs We Offer!](#)

Please contact us directly for information regarding our programs.

**Back to School!**  
**One Month + Uniform**  
**Only \$89.99**

### Seminar Topics

- Close-Quarters Self Defense
- Competition Board and Brick Breaking
- Modern Jujitsu
- Stranger Danger and Bully Busters
- Traditional Weapons Training
- Women's Defense and Assault Prevention
- XMA Performance



1321 Central Avenue • Albany, New York 12205 • Please call with any questions (518) 435-0870 • Send us an email

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