

Fun

Fitness



Self defense

I bet you've seen those words before, usually attached to some school that promises great benefits "easily." However, the truth doesn't work that way. You can have fun, get fit, and learn to defend yourself, but it's hard work.

Hard work, but the rewards are great. That's why Judo is the most popular martial art in the world today.

A strong body is not required. The strength that is needed is that of your spirit. Not many can do it. Are you up for it? There's only one way to find out.

Mudokwan Martial Arts School 8230 East Washington St (Just outside 465) Phone: 317-897-1000 Classes: Adults: Tuesday & Thursday 6:30-7:30 PM Children 5 and up: Tuesday, Wednesday, & Thursday 5:30-6:30