

# 4910 Charlotte, Nashville, TN 37209 \* 615-473-1739 KSAMARTIALACADEMY.COM

**AIKIDO** – All Ages - Known as the Art of Reconciliation involving Pins, Immobilizations, and Throws. No-Throw training available.

**CAPOEIRA** – All Ages - Brazilian Martial Art that combines elements of dance and music with combat skills.

**FILIPINO KALI** – Teen & Adult - Also referred to as **Filipino Martial Arts**, or **FMA**, Mother Art of **Arnis** and **Escrima**, utilizes a 12-weapon system ranging from empty hand to Sticks, Knife, and Espada.

HAPKIDO – All Ages – Korean interpretation of Aikido that adds in traditional Tae Kwon Do/ Tang Soo Do strikes.

**JEET KUNE DO** – Teen & Adult - Created by **Bruce Lee**, combines a series of Martial Arts into a highly effective fighting system.

**OLYMPIC FIT & RFST** – Mix up your workouts using your own body-weight, while gaining strength in multiple areas of your body.

**ROCK STEADY BOXING** – Parkinson's Patients only - Strength and conditioning training program based on traditional Western Boxing training.

**TAE KWON DO** – All Ages - Traditional Style, with focus on self-development. Demo/ Competition Team also available. **TAI CHI** – All Ages - Chinese Martial Art practiced for defense and health benefits.

Private Sessions available. Pricing varies depending on Instructor level.

## Single Art Memberships

\$119.95 / month – 1 Person/ 1 Art/ ~ Classes
Family/ Group Discounts:
\$199.95 / month – 2 People/ 1 Art/ ~ Classes
\$289.95 / month – 3 People/ 1 Art/ ~ Classes
\$379.95 / month – 4+ People/ 1 Art/ ~ Classes
LEO/ MIL/ EDU Discounts:
\$100 / month – 1 Person/ 1Art/ ~ Classes
\$180 / month – 2 People/ 1 Art/ ~ Classes
\$270 / month – 3+ People/ 1 Art/ ~ Classes

## Cross-Training Memberships

\$149.95 / month – 1 Person/ All Arts/ ∞ Classes Family/ Group Discounts:

\$259.95 / month – 2 People/ 1 Art/  $\infty$  Classes \$379.95 / month – 3 People/ 1 Art/  $\infty$  Classes \$499.95 / month – 4+ People/ 1 Art/  $\infty$  Classes LEO/ MIL/ EDU Discounts:

\$130 / month – 1 Person/ 1Art/  $\infty$  Classes \$220 / month – 2 People/ 1 Art/  $\infty$  Classes \$300 / month – 3+ People/ 1 Art/  $\infty$  Classes

## Limited Session Pricing

\$20 – Single day Drop-in Fee\$150 – 10 Session Package

## Rock Steady Boxing

\$85 / month – Per Boxer with Corner Person\$85 Registration

### Annual Registration Fees

\$50 First Member+\$25 Each Additional Member

Save \$50-\$100 when you purchase 3- or 6- month memberships

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Thursday	Mat 2														Aikido			Tai Chi			Closed							
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Tuesday	Mat 2																	Yoga for Martial	Arts		Aikido							Liosed
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Monday	Mat 2													Back Chandra Baulina far Buckline ante	IN LOL LOL BILLION							Tae Kwon Do -	-	Levels		Hapkido		Closed
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