

# MARTIAL ARTS LESSONS For Kids



Ages 3 and up

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2351 Rt 34  
Manasquan

Open enrollment and free  
trial classes always available!

[epicgymni.com/registration](http://epicgymni.com/registration)

JOIN  
US



# Martial Arts Training



- focus and self-control
- coordination and balance
- physical fitness
- self-defense skills
- goal-setting and perseverance
- emotional regulation strategies
- ...and more!

Open registration and free trial classes always available!