

PRIMAL  FORCE

## Combat Arts

### Beginner Combat Arts Training & Conditioning

**Mondays and Wednesdays 6:30pm**

Primal Force Martial Arts Academy is offering a black belt class in **Primal Combat Arts**. This class will:

- Emphasize elements of all appropriate martial arts disciplines with particular emphasis on stand up styles (**boxing, kick boxing**) and ground fighting (**Brazilian Jiu jitsu**).
- Provide students with the experience and expertise to defeat any attack situation.
- The curriculum is offered on a 26 class rotating schedule so participants can start at any time and fit right in.
- Students will be encouraged to train and condition at a pace comfortable and safe for them. Training will be as intense as you want or as controlled and safe as you need.
- Accommodations will be made for age, level of conditioning and specific disabilities if necessary. Come and enjoy the camaraderie and get in the best physical shape possible.

**Instructors:** Steve Shockley, 3 time world champion martial artist Wayne Coolidge, M.Ed. Fitness professional and combat arts conditioning specialist.

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WHERE HEALTH IS POWER!

[www.primalforcefitness.com](http://www.primalforcefitness.com)

148 Lugnut Lane  
Mooresville, NC 28117  
Phone: 704-657-9520

