



Confidence, Discipline, Focus, Fitness, Fun, Respect, Self Worth, That
“Peace which passes all understanding”

At 3D Martial Arts & Tactical Defense, we don't just teach people how to fight, we give people the confidence so they never need to.

Highlighted CLASS TIMES

- **Kids/Youth Karate Class** Jeet Kune Do | Kickboxing | Muay Thai | Shootboxing | Hybrid Submission Grappling
Mondays: 7:30pm - 8:30pm \$79/mo *Uniform Required
- **Confident Kids are Bully Proof** - These proven Gracie jiu-jitsu exercises are guaranteed to kick start your child's love for jiu-jitsu. They will learn the "Rules of Engagement" so they know precisely when they can and cannot use their techniques. With the rules learned, your child will be ready to begin Counter Bully Combatives. This is where they will learn the non-violent techniques needed to neutralize a bully if they are physically attacked.
Wednesdays: 6pm- 7pm \$79/mo *Uniform Required
- **Home School Kids** - Jeet Kune Do | Kickboxing | Muay Thai | Shootboxing | Hybrid Submission Grappling
Wednesdays: 11am - 12pm \$79/mo *Uniform Required
- **Women's Self Defense** Innovative Reality | Kickboxing | Self Defense-Weapons Use/Understanding | Mixed Martial Arts
Mondays: 6pm - 7pm \$99/mo
- **Adult Class** Kickboxing | Muay Thai | Shootboxing | Jeet Kune Do | No Gi/Hybrid Submission Grappling
Wednesdays: 7pm - 8pm \$99/mo
- **Open Class** - Kickboxing | Muay Thai | Shootboxing | Conditioning | No Gi/Hybrid Submission Grappling | SPARRING
Tuesdays: 7pm - 8pm \$99/mo

Goat Yoga in North Texas, Ya'll - This is a fun class; The goats will be loose, wandering through the hour long yoga session, and may stop to play, jump on your back or for a hug. Relax, de-stress, and unwind interacting with the goats! You bring your mat, we'll bring the goats!
Thursdays: 10am-11pm | Thursdays 6pm - 7pm \$40/class

- **Full Contact Firearms** - Concealed Kune Do-The art of Concealed Carry Weapons Retention | Close Quarters Combat | Tactical Combat | Use of Knife as Secondary Weapon - Kali knife fighting technique (Saturdays 10-11am) *Class Also includes live fire on Outdoor Range \$200/mo
- **Bonus Training** - *You get to training in both professional kickboxing and mixed martial arts. Plus, Larry offers semi-private and private training as well. Simply inquire in person, via telephone or text 469-964-1421* **\$150/month**

Larry will customize your training regiment to sufficiently prepare you for upcoming kickboxing, USA boxing or mixed martial arts (MMA) events, and/OR the reality of self defense/street combat survival tactics

Signed waver **required** for all classes, no exceptions