

Fitness

Martial Arts Programs

Traditional Tae Kwon Do and Hap Ki Do

Saw Mill Club is now offering traditional Martial Arts training, through Master John Albanese, 4th Degree Black Belt. John has been practicing Tae Kwon Do and Hap Ki Do for over 20 years and received his Black Belt Instructor's certification in 1987.

A disciple of Grand Master Ik Jo Kang (*8th Degree Black Belt*), John's teaching style emphasizes the development of the full self (physical, mental and spiritual). Through the practice of martial arts skills and practical self-defense techniques, the style focuses on instilling in students the values of self-discipline, concentration, motivation and perseverance, and the ability to apply the same to other aspects of their lives. **Youth and adult programs available.**

Mixed Martial Arts Ground Game

Take downs, throws, rolling, joint locks, control and submission holds **Ground and Pound!**

MMA gloves required

Taught by Master Instructor, John Albanese (4th degree Black Belt)

Mixed Martial Arts Kickbox-Heavy Bag Workout

Did you ever just want to hit something? It's the perfect stress reliever!

Dynamic kicking, boxing punches, knee and elbow strikes...

All aspects of the MMA stand-up game.

MMA and/or Boxing gloves required

Taught by Master Instructor, John Albanese, (4th degree Black belt)

Contact ext. 3253 or jalbanese@sawmillclub.com for class times and more info.

Registration Form

Martial Arts Programs

Name _____ Member # _____

Address _____

City/State/Zip _____ Phone # _____

Cell Phone # _____ E-Mail Address _____

All packages are Non-Refundable. 24-hour cancellation policy applies.