

## OUR GOALS

**J. R. Miller's Martial arts is a family run, and family oriented, traditional style martial arts program that offers students a well rounded experience.**

**Our goal is to maintain the ideals**



**Steffani Miller, Master Jill Miller and Kristen Miller 6/13/09 Black Belt Test.**

**and principles of traditional martial arts. Our program focus is Taekwondo, but also includes Hapkido, Judo and self defense.**

**Miller's Martial Arts is ideal for women, children and men, of all ages who want learn traditional values while getting fit and learning how to protect themselves in today's society.**

### JRMMA Offers Students:

- Discipline
- Structure
- Mental strength
- Physical Fitness
- Flexibility
- Focus

### JRMMA Teaches Students:

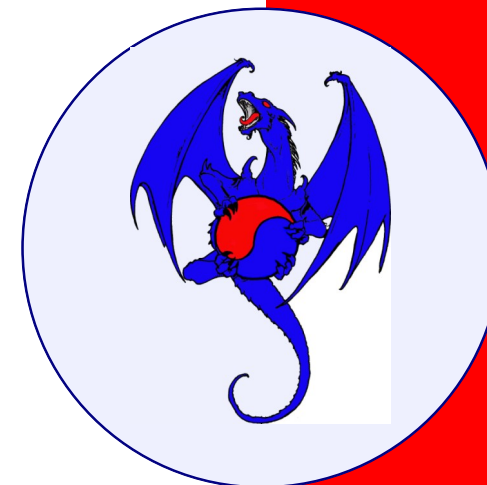
- Spirit
- Honesty
- Loyalty
- Sincerity
- Patience
- Self Control
- Humility
- Perseverance

### JRMMA Builds Students:

- Self Esteem
- Confidence
- Character
- Respect to parents
- Respect to Authority

**J. R. Miller Martial Arts  
27093 Bagley Road  
Olmsted Falls, Ohio 44138  
Phone: 440-655-1850  
E-mail: blzey220@aol.com**

**J. R. Miller Martial Arts**



**TAEKWONDO  
CARDIO-KICK**

**Build a Strong Body,  
Mind, and Spirit  
Through the  
Martial Arts**

**440-655-1850  
www.jrmillermartialarts.com**

## Our Program

We offer classes for all ages of martial artists four and up. Our program includes classes for the following age groups.

**Little Dragons (5-6 years old)** - Our Little Dragons program is ideal for the beginning martial artist. The curriculum is specially designed for 4-6 year olds where they can learn at their own pace and have fun. They will be taught everything required for our yellow belt curriculum before they advance to the Junior Dragons.

**Junior Dragons (7-12 years old)** - The program for 7-12 year olds is based on the adult curriculum. Advancement tests are approximately every three months. Junior Dragons is an ideal time for students to begin Taekwondo.

**Family TKD Classes - (All ages 7 and up)** Family Classes are open classes that allow parents and children to participate in an activity together. Family classes offer a unique opportunity for children and parents to bond inside of and outside of class in a joint activity.

**Adult TKD Classes - (13 and up)** Adult classes are specially designed for adults to learn and work on their Taekwondo skills.

**Cardio Kickboxing - (ages 16 and up)** - This is a great group activity designed to burn calories and get in shape. Students will use a wide variety of martial arts kicking and punching techniques combined with aerobic fitness.

**Black Belt Classes -** Advanced Black Belt Classes available on request.

## Current Schedule

Time	Monday	Tuesday	Wed	Thursday	Saturday
9:00 am					Cardio Kick
10:00 am	Little Dragons Junior Dragons	Family TKD Class	Little Dragons Junior Dragons	Family TKD Class	Little Dragons and Junior Dragons
10:45 am					Family TKD Class
3:45 pm	Junior Dragons <u>CC</u>		Junior Dragons <u>CC</u>		
5:00 pm	Little Dragons	Junior Dragons	Little Dragons	Junior Dragons	
6:00 pm	Family TKD Class	Little Dragons	Family TKD Class	Little Dragons	
6:45 pm		Cardio Kick		Cardio Kick	
7:45 pm		Family TKD Class		Family TKD Class	

**Little Dragons - 5-6 years old**

(approximately 30 minutes long)

**Junior Dragons - 7-12 years old**

(approximately 45 minutes long)

**Family Classes - Ages 7 and up**

## Membership Specials

### Free Uniform Offer

Start Classes now and receive a free Taekwondo Uniform and Belt.  
(Limited Time Offer)

### Family Discounts Available

We are a family oriented martial arts school, and offer membership specials to make it affordable for families to attend classes.

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