

## Martial Arts at Chamberlain Studios™

Always wanted to learn the  
martial arts?



Then this is your chance!

Since opening our doors in 1981, Chamberlain Studios of Self Defense™ has continued to offer a family oriented training environment, where safety and the concern for others is of the utmost importance.

Call us to schedule your free introductory lessons or for information about our other exciting programs at:

**214-351-5367**

and get more information online at:

**DallasKenpo.com**



Chamberlain Studios of Self Defense™

Martial Arts for Men, Women and Children

**[www.DallasKenpo.com](http://www.DallasKenpo.com)**

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## Chamberlain Studios of Self Defense™



## Martial Arts Programs

214  
351-5367  
DallasKenpo.com

Kenpo Karate  
Aikido . Jiu-Jitsu  
Kodokan Judo

## Chamberlain Studios of Self Defense™ Martial Arts Programs

### Welcome to the Exciting World of Martial Arts!

For many people, the martial arts are something they've seen in the movies or read about in books, but never had the right opportunity to spend much time with. In addition, it's hard to know which one to try or what to expect. At Chamberlain Studios™ we hope to change all that, and make life simpler for you!



**Choice** - we offer a variety of different martial arts programs that suit different tastes and personalities. Also, we make it easy for you to get started with free introductory classes in all of our programs, and we hold both day and evening classes seven days a week!

- **Gasen Ryu Kenpo™**

This is a traditional Karate program emphasizing strikes, kicks, joint locks, and takedowns. It is geared towards effective self-defense and fitness. Programs include both

group and private classes for Men, Women and Children starting as young as 4

years old (including **3-Steps to a Great Kid™**, the premier martial arts character development program). Program directed by Dr. Nick Chamberlain.



## Experienced Instructors

- **Jiyushinkai™ Aikido**

Aikido means “the way of Blending energy”, it teaches you to efficiently use energy to blend with and subdue an opponent. Instead of striking an attacker, Aikido focuses on “kuzushi” or off-balancing your opponent to neutralize the threat. In addition, training is available in traditional use of the bokken (wooden sword) and jo (wooden staff).



- **Heike Ryu™ Jiu-Jitsu**

Originally developed by the samurai of ancient Japan to defend himself on the battlefield if his sword was lost or broken, today's interpretations have been updated for the modern world.

Although primarily based on throwing your opponent to the ground, Heike Ryu Jiu-Jitsu includes striking, joint locks and groundwork. It was developed by the acclaimed masters Mas and Vince Tamura.



- **Kodokan Judo**

in the 1800's Kodokan Judo was developed as a way to practice the skills of Jiu-Jitsu without risking serious injury to your opponent (no striking was allowed). It has since



## State of the Art Facilities

developed into an Olympic sport and is practiced worldwide. Winning in Judo involves throwing your opponent to the ground or causing them to submit from a choke or joint lock. Program director Jim Webb, is the president of the United States Judo Association (USJA).

### Additional programs include:

- Women's Self Defense
- After School Programs
- Karate Birthday
- Traditional Weapons
- Karate Summer Camps
- Tournament Sparring
- Instructor Training
- Live-in Training Facility
- Seminars/Workshops
- Franchise Opportunities

**So why wait?** Since 1981, we have been providing the best the martial arts has to offer. Call now to schedule your free introductory classes, and join the ranks of those whose lives have been improved through the practice of martial arts!

**With several locations in the Metroplex, great training may be right around the corner!**



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