



# Martial Art Classes at TMA

Tuesday at 3:15pm



Students get a fun workout while learning both traditional martial arts and modern self-defense strategies. Each class includes philosophy, life skill lessons and even Korean language/terminology.



- Self-defense
- Anti-kidnapping
- Self Confidence
- Self-Control
- Physical and Mental Balance



The first official day of class will be 8/19/25

There is a registration fee of \$99, which includes a uniform. Classes are \$119 monthly. Testings in December and May are \$25. No extra “offsite” classes are required since all training and testing will be done at TMA. The cost also includes a free weekly bonus class at The Zen Life Center on Saturdays at 10am or 11am.



For more information or to register, please call or text  
Master-Instructor Richard Hoehn, at  
(407) 657-1212  
[Thezenlifecenter.com](http://Thezenlifecenter.com)

