

TRAINING SCHEDULE

EFFECTIVE 1/1/2018

| TIME | MON | TUES | WED | THUR | FRI | SAT |
|-----------------------------|--------------------|---------|--------------------|---------|---------------------------------------|-----------------------------------|
| LITTLE NINJAS | 4:30 PM | 4:30 PM | 4:30 PM | 4:30 PM | --- | --- |
| WHITE/YELLOW BELT | 6:30 PM | 7:20 PM | 5:00 PM | 5:00 PM | 4:30 PM | --- |
| WHITE/YELLOW/ORANGE BELT | --- | --- | --- | --- | --- | 9:00 AM |
| ORANGE/LIME/GREEN BELT | 7:20 PM | 5:00 PM | 5:45 PM | 5:45 PM | 5:10 PM | --- |
| LIME/GREEN/BLUE/PURPLE BELT | --- | --- | --- | --- | --- | 9:45 AM |
| BLUE/PURPLE/RED BELT | 5:45 PM | 6:30 PM | 6:30 PM | 6:30 PM | 5:50 PM | --- |
| RED/BROWN/BLACK BELT | --- | --- | --- | --- | --- | 11:10 AM |
| BROWN/BLACK BELT | 5:00 PM | 5:45 PM | 7:20 PM | 7:20 PM | 6:35 PM | --- |
| ADULTS | 10:00 AM & 8:00 PM | 8:00 PM | 10:00 AM & 8:00 PM | 8:00 PM | 10:00 AM & 8:00 PM (WOMEN ONLY CLASS) | --- |
| ADULT CARDIO CLASS | --- | 6:30 PM | --- | 6:30 PM | --- | --- |
| WEAPON | 6:30 PM | --- | 6:30 PM | --- | --- | 10:30 AM (PADDED WEAPON SPARRING) |

Lesson Fee

It is our goal to provide a quality and affordable Martial Arts experience.

\$85.00 per month for one family member

\$125.00 per month for two family members

\$165.00 per month for 3+ family members

\$60.00 per month for Little Ninjas

We recommend a 2 classes per week initially.

No additional charges for Belt Testing

No additional charges for Weapons Classes. Students only need to purchase their own weapon.

No annual commitment. Fees are billed on a monthly basis.

We allow a \$10.00 discount for service personnel and their families. This includes military, police, fire fighters, & paramedic/EMT.

We currently accept cash, check, and credit card (with nominal fee) payments.

Private lessons are available by appointment only. Please contact the school to obtain information.

Martial Arts themed Birthday Parties can be scheduled. Ask for details.



48 W. Foster
Maineville Rd.
Maineville, OH 45039
Phone: (513) 774-0500

Keepkicking2.com

hillsmartialarts@zoomtown.com

Also like us on facebook!



How to Get Started

Introductory **Special** is one month of classes for FREE. The best way to find out about our program is to try it out. There is no substitute for hands on information. This gives students and parents of students the opportunity to evaluate our program to see what we are all about.

If you would like to try ONE MONTH FREE call us at 513-774-0500 or simply stop in. New students are encouraged to observe/participate in a class and meet Mr. Hill. Please arrive 10 minutes early to the appropriate scheduled class time.

Mission Statement

Hill's Martial Arts is dedicated to developing students of moral character, community devotion, self-strength, and positive leadership abilities. By providing a safe and high energy training environment, students are given the necessary tools and encouragement to grow in Mind, Body, and Spirit. Our fundamental philosophy of "Family Comes First" is reinforced in every stage of training.

Benefits of Our Adult Program

- Increased fitness, health, strength and flexibility
- Practical self-defense skills and better awareness
- Stress reduction and improved quality of life
- Diverse Social Network
- Enhanced Family Bonds-Parents Participate with children, on equal terms, allowing them to experience their journey through the Martial Arts together.
- Self-Awareness and Empowerment

Who Can Benefit from Our Program?

- Children and Adults of all ages and skill levels
- Those with Special Needs.
 - Behavioral/Disciplinary Needs
 - ADHD
 - Autism Spectrum
 - Down Syndrome
 - Sensory Disorders
 - Physical Limitations
- Individuals with Low Self Esteem and Social challenges (i.e. peer pressure & bullying)

Classes Offered For:

- Little Ninjas (3-5 yrs.)
- Children (5-12 yrs)
- Adults (13 & over)
- Women **only** self-defense class
- 30 and over classes
- Daytime class for adults only
- Home Schooled Children's Program
- Weapons and Advanced Weapons Training

Benefits of Our Children's Program

- **Self-confidence:** We encourage students to believe in themselves in everything they do.
- **Self-discipline:** We encourage students to do the right thing without being told.
- **Respect:** Students are treated with respect and are taught to do the same for themselves and others.
- **Physical Dexterity and Coordination:** Drills are designed to improve & challenge each student's physical capabilities.
- **Self-defense:** We promote non-violent resolutions to conflict, but if necessary, students develop skills they need to defend themselves.
- **Focus and concentration:** Our program incorporates a variety of activities and drills that strengthen these skills.
- **Positive attitude:** We encourage students to have a winning attitude in order to overcome challenges.
- **Peer pressure:** Students develop the leadership skills they need in order to resist peer pressure
- **Goal setting:** Our program is structured around short and long term goals. Students are continually encouraged to work toward their goals and set future goals once achieved.

About our System

Our system is a designed freestyle fighting system. We incorporate techniques and theories from several martial arts, with a strong emphasis on self-improvement and respect. It teaches skills throughout the levels that use many different fighting *methods such as striking, grappling, throwing and pressure points.*

Emphasis on **qualities** to enhance self-improvement through:

| | |
|-----------|-----------|
| Courtesy | Tolerance |
| Humility | Empathy |
| Gratitude | Loyalty |
| Courage | Love |

We are guided by a student creed that emphasizes positive manner, self-discipline and respect.