

There are so many martial arts schools out there...
Why choose LeRoy Karate & Self Defense Center?



585-414-3181
66 Main Street, LeRoy, NY 14482
www.fitness-martialarts.com

LeRoy Karate & Self Defense Center



- Adult Martial Arts Classes
- Teen Martial Arts Classes
- Kids Martial Arts Classes
- Little Dragons Martial Arts Classes
- Self Defense Classes
- Bullying Self Defense Classes
- Weapons Training Classes
- Aiki / Jiu Jitsu Classes
- Clinics Available

IT'S EASY TO GET STARTED!

All new students at LeRoy Karate & Self Defense Center have the option to start with our quick start program. This is designed to give potential new students a chance to try out our programs, use our facilities and see our staff in action. It also gives us the chance to assess our potential new students and see what program would best suit them.

QUICK START PROGRAM
\$19.95

Bring in this coupon to receive

- 1 WEEK OF UNLIMITED CLASSES
- A FREE SEMI PRIVATE LESSON
- AN OFFICIAL UNIFORM

585-414-3181
66 Main Street, LeRoy, NY 14482
www.fitness-martialarts.com



- We've been in the martial arts business since 1979
- Black belts actively training for next level ranking
- Instructor to student ratio is low
- Multiple classes per week to fit your lifestyle
- Over 2,000 square foot state-of-the-art facility
- We care about our students and believe in providing them a great product at a fair price
- Great way to exercise and stretch
- Learn to master the techniques that could save your life
- Learn to defend against weapons and empty hand attacks
- Best bullying self defense
- No contract obligation like other schools

Instructors

Shihan David Swede



Shihan David Swede has studied Martial Arts since 1976. He currently holds an 8th degree Black Belt in Tatsu-Do Karate and Kobudo (weapons), 2nd degree Black Belt in Tatsu-Do Aiki Jutsu, 1st degree in Iai Jutsu (art of drawing the sword), and 5th degree in Goshin Jutsu Karate. He has studied under Hanshi William R. Cavalier, 10th degree Black Belt and head of the Tatsu-Do, and Master Gerald Durant (deceased), 10th degree Black Belt Goshin Jutsu. He

has been on the Tatsu-Do Board of Directors since 1985. Shihan Swede has run the Perry Martial Arts Studio since 1979 with Renshi Merica being his most senior teaching assistant since 1984.

Renshi Fred Merica



Renshi Fred Merica has been studying martial arts since 1980 and holds the ranks of 7th Degree Black Belt in Tatsu-Do Karate, 6th Degree Black Belt in Tatsu-Do Kobudo (weapons), and 1st Degree Black Belt in Tatsu-Do Iai Jutsu (sword). Renshi Merica has been studying under Shihan David Swede and achieved his 1st Degree Black Belt status in August, 1985 from Hanshi William R. Cavalier (founder of Tatsu-Do). Renshi Merica was chosen by Hanshi William R. Cavalier to be on the Tatsu Do Board of Directors in 1995. Renshi Merica has attended many seminars and clinics on self-defense and has taught many himself.

Other Instructors

| | |
|------------------------|-----------------------|
| Master Bob Steffenilla | 4th Degree Black Belt |
| Sensei Gail Mortimer | 3rd Degree Black Belt |
| Sensei Stacy Wright | 3rd Degree Black Belt |
| Sensei Rick Stevens | 3rd Degree Black Belt |
| Sensei Nancy Elmore | 2nd Degree Black Belt |
| Sensei Jade Wolfer | 1st Degree Black Belt |

About Tatsu-Do Training

Tatsu-Do is an eclectic system of martial arts founded by Hanshi William R. Cavalier after many years of study in the arts ranging from Jujutsu, Chinese Kempo, Shito-ryu, Chito-ryu to Goshin Jutsu Kyo Jujo. Hanshi Cavalier has also studied Kung Fu and various weapons systems.

The beginner in Tatsu-Do is taught self-discipline, self-confidence and self-defense techniques of Karate. Each class consists of aerobic warm-up exercises, stretching, body conditioning and Karate instruction.

Students learn striking hand techniques, kicks and blocks. Practice also includes self-defense and free style sparring. For advanced students, training is given in Jujutsu and Aikjutsu maneuvers. Starting at green belt, students are introduced to the use of Oriental weapons, bo and sai. Safety is strictly enforced, especially with beginners.

Anyone can learn Karate - men, women, children. No special talent or physical strength are required, only discipline and willingness to work hard.

To the Student:

Through Tatsu-Do it is my hope to show you not only self-defense but a way of life. Those who study it in earnest will reap tremendous rewards; those who will take it in jest will find nothing. Student who aspires to be good must practice outside what they have learned inside. Lack of diligent practice will result in stagnation. Ranking will be determined on the basis of physical achievement and on mental attitude.

Little Dragons Martial Arts

- 4-6 years old
- Instruction consists of karate techniques as well as karate games to keep the little ones interested and engaged
- Also taught is how to handle simple bullying techniques with care not to injure the bully but rather using words and body posture to get to safety
- Lastly, kids are taught self confidence, self control, self respect and encouraged to do well in school

Kids Martial Arts

- 7-12 years old
- Instruction consists of traditional karate techniques, self defense, rolls & falls, non-contact sparring, and tournament practice if student decides to pursue (up to individual student)
- Advanced kids are taught weapons such as bo staff and sai
- All classes are designed to be fun and engaging

Teens Martial Arts

- 13-17 years old
- Besides all of the previous, students are taught more advanced self defense techniques from standing and from ground
- Students are also taught additional weapons as well as the art of aiki-jiu jitsu
- Focus on self defense against clubs and other weapons

Adult Martial Arts

- 18 years and older
- Students are taught advanced level of self defense against holds, chokes, punches, kicks, grabs, takedowns, from ground on back or stomach, clubs, sticks, knives, chains, guns and others
- Students are also taught advanced sparring (fighting with protective gear)

2016 Price List

| | |
|---|--|
| Little Dragons Ages 4-6 | \$45/Month |
| Kids' Karate Ages 7-12 | \$60/Month or \$160 3/Months 2 Kid Family - \$90/Month or \$250 3/Months 3 Kid Family - \$125/Month or \$350 3/Months \$25 for private 1 hour session |
| Teen/Adult Ages 13-up | \$65/Month or \$175 3/Months 2 Person Family - \$100/Month or \$280 3/Months \$25 for private 1 hour lesson |
| Sign-Up Special | \$99 - includes 1 month lessons, Uniform, Patch, Headband, Book, Mouth Guard & Registration |
| Other Costs <i>(If not paid in sign up special):</i> | |
| Uniform | \$25 |
| Patch | \$12 |
| Student Manual | \$12 |
| Hachimaki (Headband) | \$12 |
| Mouth Guard | \$5 |
| Tatsu-Do Registration (lifetime)* | \$25 |
| *Due before going to first rank / goes to TATSU-DO Organization | |



585-414-3181
www.fitness-martialarts.com