



<https://frederickdojo.com/>

Welcome to Frederick Martial Arts

The Frederick Martial Arts curriculum is the result of decades of training and teaching experience. We provide a comprehensive and dynamic martial arts curriculum that focuses on the individual student. Our techniques are drawn from the Korean arts of Tang Soo Do, Tae Kwon Do and Hapkido, the Japanese arts of Shotokan, Judo, Aikido, and Bushido. We also offer weapons training and sparring as part of our advanced curriculum. There are no contracts, registration fees, or testing fees (excluding Black Belt and seminars).

Our classes are designed to promote development at all age levels in a fun and supportive environment. Our students develop martial arts skills while learning the value of respect, courtesy, and discipline. Our Stars for Scholars program encourages and recognizes academic success. Please see below for our summary of classes, fees, and times.

2023 Summary of Fees and Class Schedule

**Unlimited classes begin once enrolled*

Trial Offer		\$0	Four classes	Per age range
Tiny Tigers	3-6 years old	\$130/month	Unlimited classes*	30 minutes
Basic martial arts while building focus and motor skills in a positive environment.	Mon/Wed 5:30-6pm	Tue/Thurs 6:15-6:45pm	Sat 8:45-9:15am	
Basic	6-11 years old	\$150/month	Unlimited classes*	45 minutes
Focuses on basic martial arts skills. Small classes allow for individual attention.	Mon/Wed 6-6:45pm	Tue/Thurs 4:30-5:15pm	Sat 9:15-10am	
Teen/Adult Basic	12 years and older	\$150/month	Unlimited classes*	60 minutes *Sat 45 minutes
Focuses on martial arts skills and practical scenarios to teach self-defense skills for a mature student	Mon 7:45-8:45pm	Thurs 7:45-8:45pm	Sat 8-8:45am	*

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