



**TEAM MATES  
FOR LIFE**



**NATIONAL  
WINNERS**



**TRAINING TO BE  
OLYMPIC  
CHAMPIONS**

**TO BOOK:**

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

**FREE TRIAL CLASS**

**New Class: Waltham Abbey, Bishops Stortford & Felsted**

You do not need to be fit to join! KAIZEN MARTIAL ARTS is progressive, you will become fitter and more flexible as you train.

**KAIZEN MARTIAL ARTS** offers the benefits of cardiovascular exercise, increased stamina, strength, balance and flexibility through increased physical endurance. KAIZEN MARTIAL ARTS also helps reduce stress and anxiety, promotes positive well-being. You will find our programme much more engaging than a normal gym routine. You will not only have fun at KAIZEN MARTIAL ARTS, you will meet new people and learn life skills.

**KAIZEN MARTIAL ARTS**

- Look after yourself in a real life self-defence situation
- Get fit in a safe, controlled environment whilst having fun
- Strive to be the best you can be
- Learn self control and self discipline
- Be polite, honest and truthful
- Build self-esteem and respect for others



Our friendly, highly trained instructors will help you achieve goals of outstanding health, fitness and self-protection. All instructors and staff are fully qualified, CRB checked, First Aid trained and covered by full public liability and instructor indemnity insurance.