

FIT HAPPENS at Rampulla's

Feel the Spirit at Rampulla's Martial Arts

Owner and head instructor Sensei Tony Rampulla, a former 25 year award winning Professor of Computer Science from Humber College, is sharing his 35 years of martial arts knowledge with his students. At Rampulla's Martial Arts, karate is a family affair, with sons Christian 15 and Dylan 12. Both have their Black Belts in Tae Kwon Do and in Shotokan Karate since the age of 10 and both have won world championships and numerous regional and national titles.

At Rampulla's Martial Arts we believe that families come first. We consider all of our members to be part of our martial arts family. This is reflected in our high level of quality service and the care we give to each and every student.

We teach both traditional martial arts and modern self defense. We teach a philosophy that can improve the quality of your life with easy to understand teaching methods. This means you'll get more out of your practice and learn to apply the techniques and concepts to make a positive change in your life.

We have 11 family based classes per week. We also offer 5 classes for ages 4 to 8 years old per week, with no limit to the number of classes that you can attend. We also offer Tai Chi on Tuesday nights and have 5 kickboxercise classes per week.

***COMPETENCE**

***CONCENTRATION**

***DISCIPLINE *FOCUS**

***AGILITY *BALANCE**

***STRENGTH *CONFIDENCE**

You have it in you. We bring it out.

Learning martial arts can have a positive impact on your mind and body.

Try it and experience the results for yourself.



BIRTHDAY PARTIES

AGES 6-12

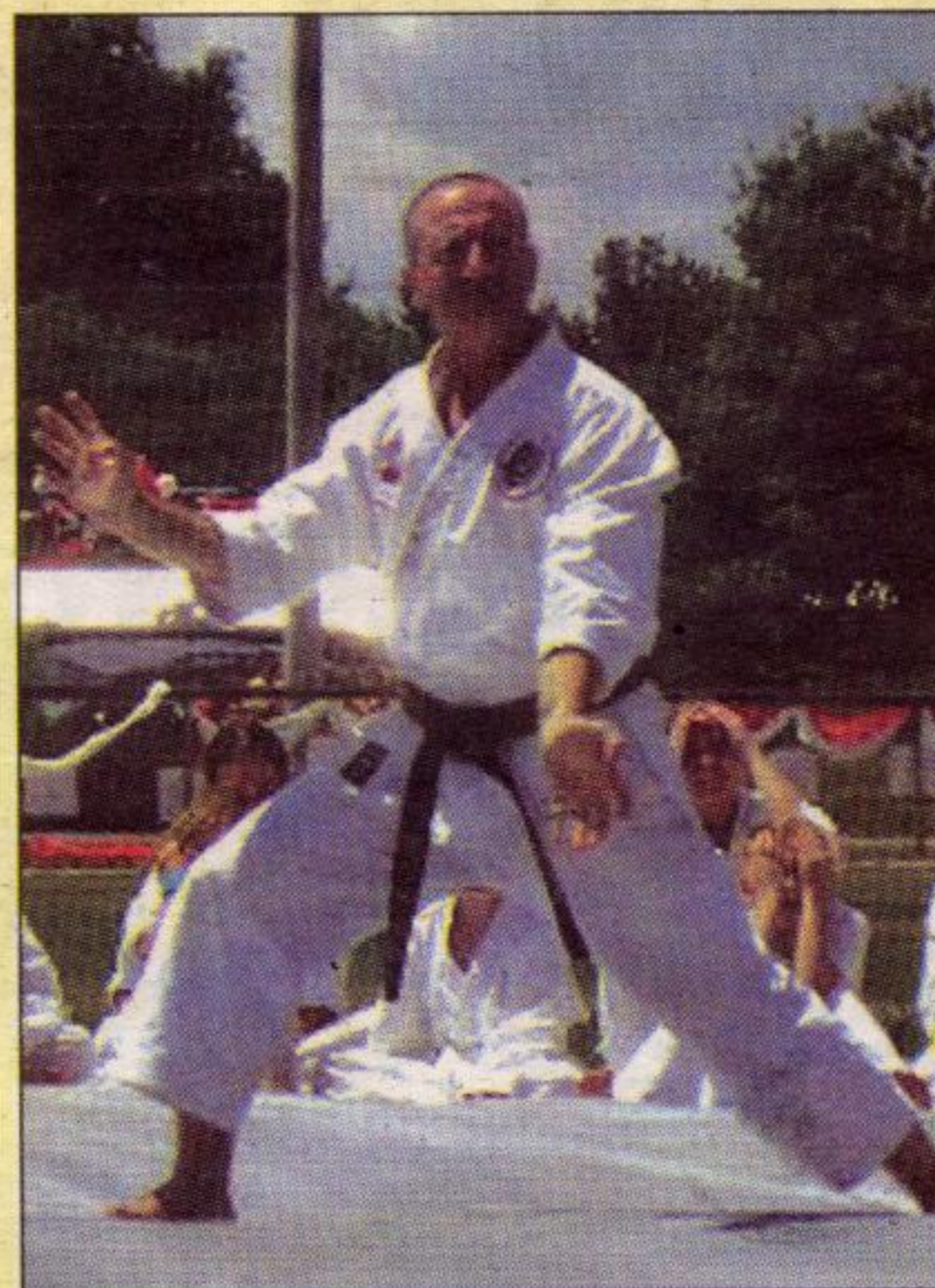
Martial arts parties include:

- 45 minute class of appropriate martial arts
- Fun and exciting exercises and self-defense skills.
- Games with prizes

CALL FOR INFORMATION 905-702-1116

Karate

\$29⁹⁹



• 4 Week Trial

• Includes Uniform



Tai Chi

\$30

MONTH



NO SET-UP FEE,
NO COMMITMENT



Kick

Boxercise

\$30 /mth.



Rampulla's Martial Arts
211 Armstrong Ave., Georgetown
905-702-1116

website: www.rampullasmartialarts.com
email: tony@rampullasmartialarts.com

Clean, Bright and Air Conditioned facility. Tuesday & Wednesday is Family Training Night!

