

EVERY WEDNESDAY 4:30-5:15 PM

“Little Elements”

Martial Arts & Self Defense especially for 4-8 girls & boys

REGISTER ONLINE:

www.femamartialarts.org

**Five Element Martial Arts -
A class especially designed
for younger kids**

- **Focus & Self Awareness**
- **Safe & Fun Exercises**
- **Self Defense**
- **Bully Prevention**
- **Positive Environment**
- **Structured Learning**
- **Learn Meditation**
- **Supportive Community**

Taught by our Head Instructor

SHIFU KORE' GRATE

With young assistants helping

CONTACT:

Shifu Kore' Grate

(612) 729-7233

shifukg@femamartialarts.org



3743 Cedar Avenue South

Minneapolis, MN 55407

Free Parking in Back & Street Parking