

HYBRID MARTIAL ARTS

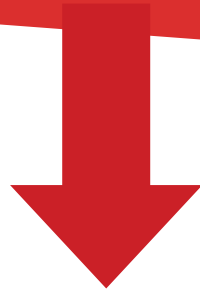
We offer the best in self-defense and fitness with a combination of many traditional styles including Jiu-jitsu, wrestling & kick-boxing.

Classes consist of a warm-up, instruction, conditioning and then a game. Children will learn how to defend themselves from both standing and ground positions. Our program is realistic and fun. Kids will also have a weekly chore list to do at home as well as goal setting for academics.

Bishop's is a friendly environment with a world class facility! You will see greater self-confidence and esteem growth in your child. Please try an introductory class.

Thank you,
Eddie Bishop

BeNeFiTS include



- *discipline*
- *self-control*
- *greater self-esteem*
- *confidence*
- *practical and realistic self-defense*
- *fitness*

CLASS RATEs

\$69 per month
(6 month agreement) Includes Gi!

DATEs & TIMEs

Tuesdays and
Thursdays
4:30 pm-5:30 pm

**Saturday is
sparring day @
10:00 am** (optional)



INSTRUCTOR EDDIE BISHOP



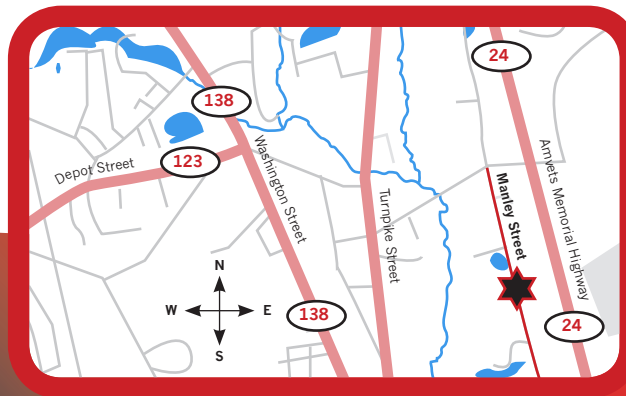
OWNER/ OPERATOR

Eddie Bishop has twenty years of experience in many styles of martial arts and wrestling. In 2002 he opened Bishop's Training & Fitness.

THE BTF GOAL is to help kids grow, learn how to defend themselves, and become better adults!



OUR LOCATION ReGiSTeR TODAY!



Bishop's Training & Fitness is located less than 5 minutes off of Rt. 24. Take exit 17A to merge onto Belmont St/MA-123 toward Brockton. Turn right at Manley Street.

For more information please visit us at www.bishopstrainingandfitness.com or www.myspace.com/bishopsboxing

Bishop's Training & Fitness

319 Manley st. West Bridgewater, MA
(508) 559-2611

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SeLFDeFeNSe **FiTNeSS &**
HYBRiD **MARTIALARTS**
FOR **kids**



**Real
TRAINING.**
**Real
RESULTS.**