

# Mission of Arising Martial Arts

In Martial Arts there are codes, tenets, verses of oaths, creeds, and rules that we, as practitioners, follow. Students and instructors alike make these ideals part of their lives. We aspire and arise to the challenge of our Martial Art and our lives. Hence the school name: **Arising Martial Arts.**

## School Creed

"As a martial artist I must learn to be patient, show respect, and practice self control. I am dedicated to myself and my art. I am a **Martial Artist.**"

## Martial Arts Formats

ITF Style Tae Kwon Do  
Inayan Eskrima  
Yang style Tai Chi



## ABOUT THE INSTRUCTORS

**Master Frank Smith**  
Co-Founder/Owner

5th Degree Black Belt Master Instructor  
**Tae Kwon Do**

Kadua Guru Level 3 Inayan **Eskrima**  
**Tai Chi** Instructor

**Master Conar Smith**  
Co-Founder/Owner

5th Degree Black Belt Master Instructor  
**Tae Kwon Do**

Instructor Level 1 Inayan **Eskrima**  
**Tai Chi** Practitioner  
Yellow Belt **Jiu Jitsu**



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**KOREAN MARTIAL ARTS**  
**TAE KWON DO**  
(HAND-FOOT-WAY SELF-DEFENSE)

**CHINESE MARTIAL ARTS**  
**TAI CHI/QIGONG**  
(ENERGY, BREATHING, RELAXING)

**FILIPINO MARTIAL ARTS**  
**INAYAN ESKRIMA**  
(HAND/WEAPON RANGE DEFENSE)

**JIU JITS**  
(A SELF DEFENSE MARTIAL ART & COMBAT SPORT GRAPPLING, GROUND FIGHTING, & SUBMISSION HOLDS)

## TAI CHI

**Classes Taught:  
Wednesday  
Time: 4 pm - 4:45 pm  
Tuition: \$40 (Per-  
Month)**

Taught as a form of relaxation, controlled breathing, and focus Tai Chi is open to all levels. This class will help you learn how to focus and relax during everyday life.



## TAE KWON DO

**Classes Taught:  
Tuesday & Thursday  
Time:  
4:15 - 5:15 Beginners  
5 pm - 6 pm Intermediate  
6 pm - 7 pm Advanced  
Tuition: \$75 (Per-Month)**

Open to all levels the ancient martial art of Tae Kwon Do will teach you focus and discipline.

## JIU JITSU

- NEW** Classes Taught:
- Wednesday & Friday
  - Time: 5 pm - 6 pm
  - 8 and up (Open to all levels)
  - Tuition: \$85 Per-Month
- NEW**



## ESKRIMA

**Classes Taught:  
Wednesday & Friday  
Time: 6 pm to 7 pm  
Tuition: \$70 (Per-  
Month)**

Eskrima is a weapons based martial arts practice. It is the national Martial Arts of the Philippines Open to all levels the uniform is a plain black shirt and running pants.

