

# AEGIS Explained...



Attitude

*"It's your attitude not your aptitude that determines your altitude"*



Expectation

*"You only get what you confidently expect"*



Game Plan

*"Proper planning prevents poor performance"*



Implementation

*"Nothing happens until something moves"*



Study

*"The more you know the easier it is to know more"*



**National Martial Arts College  
Harrogate Centre,  
1st Floor Manhattan Club  
Beech Avenue, Harrogate HG2 8DS**

**ALL INSTRUCTORS ARE  
CERTIFIED AND CRB CHECKED**

**CALL NOW FOR A FREE TRIAL  
07889 906254 or 0800 092 0948**



Find us on



Master  
James Hudson



# Tony Higo's National Martial Arts College



**VISIT OUR WEBSITE AT:  
www.martialarts-harrogate.co.uk**

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# Ninja Tots



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# Family Class



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# Adult Class



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*This programme is proven to help develop socialisation, self-help, thinking, motor and language skills, preparing your child for school and to become leaders not followers.*

*Our course includes the teaching of Courtesy and Respect so they always do as they are asked the first time, every time and treat others how they want to be treated, whilst learning core skills of martial arts.*

*Our classes also include Stranger Danger strategies and are taught in a fun but safe and controlled environment.*

*"I would definitely recommend Ninja Tots, my child's self-discipline and confidence have improved significantly. The instructors here really know how to work well with this age group." – H Brown.*

*We encourage and instil confidence and self-discipline in children and parents alike.*

*We teach you how to become a leader and not a follower. Whilst the kids are having fun, learning the AEGIS martial arts system, parents are getting fitter, stronger, reducing stress and all are learning real life and leadership skills.*

*Our classes also include Bully Busting strategies for school and the workplace.*

***"Families who kick together, stick together."***

*"I have seen a phenomenal improvement in my son's behaviour and schoolwork. His politeness and respect for everyone is outstanding" – K. Mitchel*

*After just a few short weeks you'll find yourself getting fitter, stronger and developing an outstanding positive attitude.*

*You'll gain self-defence skills whilst increasing your confidence and reducing your stress. At the same time you will be setting and achieving goals.*

*Plus you'll build long lasting friendships with like-minded people and together you'll take the life changing journey towards black belt leadership and beyond.*

*"Martial arts has changed my life in all areas. My confidence has improved dramatically." – R Simpson*

**VISIT OUR WEBSITE AT:**  
**WWW.MARTIALARTS-HARROGATE.CO.UK**

**YOU CAN ALSO CONTACT US VIA EMAIL:**  
**INFO@MARTIALARTS-HARROGATE.CO.UK**

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