



"FCS"

Fitness – Conditioning – Skills

FCS is our martial arts program focusing on Fitness, Conditioning and Skills. Plus, we make it easy for you by coming to you – either in your home, office or facility.

If you're going to work out and get in shape, why not maximize your time not just with physical drills but self-defense skills? Doesn't this make total sense? Of course it does!

The FCS program is designed to get you in great shape while also teaching you basic martial arts techniques, thus empowering you with great CONFIDENCE!

Strengthen, Develop and Tone your . . .

- Legs (quads and hamstrings)
- Arms (biceps and triceps)
- Glutes (butt muscles)
- Shoulders
- Back
- Core (abs)

Increase your . . .

- Stamina
- Flexibility
- Confidence
- Coordination
- Grace of movement
- and . . . Empower Yourself with Effective Self-Defense Skills

Call Now!

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