

A.

C.

K.



ASHEVILLE KARATE STUDIO

180 Merrimon Ave.

Asheville, NC. 28801

INSTITUTE OF MARTIAL ARTS

For information and Scheduling – Call 828) 255-1914

Dear Friend,

Hello! And thank you for the interest that you've expressed concerning training in the Martial Arts. For over two thousand years, people like yourself have found the answer for their self-defense goals, personal empowerment, greater mental/spiritual abilities, and desires for change or character improvement, within the experience the martial arts inevitably provides.

With 38 years of experience in serving the public and producing the desired results, you will find in our staff and certified instructors here at the A.C.K., the most professional, capable, and caring individuals anywhere in the martial arts world. While we maintain the philosophy and general goals of traditional martial arts, which have been respected and sought after by the public since they began – our technological advancements and modernized methods of teaching truly place us on the forward cutting-edge of martial arts evolution and instruction. There has never been a school which offers such a comprehensive 5 level program – incorporating 1) course training manuals, 2) a video program, 3) a reading program, 4) an advanced physical/mental/spiritual training program, and 5) a unique self-empowerment and character development program. Simply put – we are experts at fulfilling your needs – whether physical, mental, or spiritual.

We cordially invite you to join our ‘martial brotherhood’ on a voyage of personal discovery and achievement truly beyond the current bounds of your imagination! With our safe and personal attention through private instruction, you will achieve your goals five to fifteen times faster than in common group training. **Your great increases in discipline, self-esteem, peace of mind, health, mental and spiritual abilities, and personal power** – will give you tremendous satisfaction. Frankly, you owe it to yourself ... you will never be the same again.

See you soon!

**Staff and Instructors
A.C.K. Institute of Martial Arts**

SPECIAL SELF-DEFENSE INTRODUCTORY PROGRAM

5

**PRIVATE
LESSONS**

.... just

\$75.00



“Learn To Face The Dragons In Your Life!”

A COMPLETE INTRODUCTION TO MARTIAL ARTS TRAINING

8

**HOURS OF
INSTRUCTION**

FOUR - HALF HOUR VIDEO/TAPE LECTURES

FOUR - HALF HOUR PRIVATE LESSONS

ONE - 1 ½ HOUR MARTIAL ARTS LECTURE
WITH PHYSICAL, MENTAL, AND
SPIRITUAL DEMONSTRATIONS

ONE - ONE HOUR PERSONAL EVALUATION

LEARN:

HISTORY, TRADITIONS, AND REAL PURPOSES OF THE M.A!

EFFECTIVE SIMPLE BASICS OF SELF-DEFENSE!

UNIQUE, PRACTICAL WAYS TO UTILIZE YOUR MIND!

THE POWER OF SELF – CREATED SPIRITUAL ABILITIES!

THIS IS A TOTALLY SAFE, COMFORTABLE, AND FASCINATING LOOK AT THE POTENTIALS OF THE MARTIAL ARTS AS AN ANSWER TO YOUR NEEDS IN LIFE. AGE OR PHYSICAL CONDITION IS NOT A LIMITING FACTOR. THE INTRODUCTORY PROGRAM IS DESIGNED TO SHOW YOU HOW TO CHOOSE A STYLE AND SCHOOL BEST SUITED FOR YOU, GIVE YOU PRACTICAL SKILLS NOW, AND SHOW YOU WHAT YOU CAN AND SHOULD ACHIEVE FROM A PROPER AND COMPLETE STUDY OF THE MARTIAL ARTS!

CALL TODAY !!

828) 255 – 1914



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FREQUENTLY ASKED QUESTIONS ... AND ANSWERS

CAN I DO IT?

Not everyone can succeed with many of the styles of Karate. But, if you can walk – you can comfortably undertake our training; and because you are developed according to your personal needs – anyone, regardless of size, age, or sex, can be brought up to true Black Belt quality. Even past injuries, have never stopped anyone at our school.

DO I HAVE TO BE IN GOOD PHYSICAL CONDITION?

Definitely not! This is one of the things you come to attain. But you will not encounter a difficult or uncomfortably rigorous training program. Superior knowledge and well developed skills do not demand a heavily conditioned body. Training should be fun!

WILL I HAVE TO BUY A UNIFORM OR ANYTHING ELSE TO GET STARTED?

No. We do not recommend purchasing a uniform (although you may if you wish), until you graduate into regular training and have decided to pursue the martial arts further. Complete uniforms cost about forty dollars. Training fees are on a month to month basis, without contracts. A course training manual (\$32.50) is suggested for maximum progress.

WHAT IS YOUR STYLE OF KARATE LIKE?

Kenpo is quite simple and straightforward to learn very quickly. It is not tricky or difficult like other styles, often requiring 5-8 years of training before attaining street effectiveness. It is practical and designed for devastating street survival. Kenpo develops and uses the hands and feet equally – it is characterized by its fluid grace, lightning speed, and variety of weapons. Unlike many styles, it has not been turned into a tournament or sport form. There is nothing practiced that will not be used in an actual combat situation.

HOW BIG ARE THE CLASSES?

Unlike the common size for classes in most dojos (usually 10 – 35 people), our classes are restricted to 4 – 8 students for more effective, personal instruction. More importantly, we do not mix different belt ranks of students within the same class.



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HOW MUCH TIME WILL I BE EXPECTED TO DEVOTE?

Our program has been particularly designed for the busy person, and will work successfully with only 2 sessions per week. This is due to the accelerated efficiency of private instruction, the methodical structuring of the program, and the especially effective nature of the unique drills. Group practices are one hour (available afternoons, evenings, or weekends), while the private lessons are one half hour in length (scheduled to your convenience).

- ACK INSTRUCTION -



WILL I BE HURT?

While relatively serious injuries are not uncommon in most karate studios – this just doesn't happen at the A.C.K. This is due to our strenuous emphasis on developing control in all strikes, our careful supervision, and a comfortable gradient approach to the use of force – limiting each class in the speed and power used, according to its ability level.

WHO WILL I BE TRAINING WITH?

People just like yourself – same size, and same ability level. You will always be supervised by a carefully trained and certified instructor. Other students do not run our classes. Almost all our members are professional working people, and often exchange their special services in a friendly manner. Our dojo is like an extended “family”.



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- COMPLETE STUDENT SUPPLY STORE -



HOW LONG WILL THE TRAINING TAKE?

This is a difficult question – because one’s abilities are constantly increasing - and it depends on what level of ability that will satisfy you. Often students gain the self-defense capability they wanted fairly quickly. Seeing the more important personal development and understanding of themselves which is occurring and available, they go on indefinitely.

WHAT DO I DO TO GET STARTED?

Just make a decision to change your life and yourself for the better, and call for an appointment to begin our special Introductory Program. This consists of four private lessons, four audio/video training tapes, a 1 1/2 hour orientation and demonstration lecture, and a personal technical evaluation – for just \$75.00. Phone (828) 255-1914 now to start!

**DO SOMETHING IMPORTANT FOR YOURSELF – WE’RE HERE FOR YOU,
AND DEVOTED TO INSURING YOU ACHIEVE YOUR GOALS!**

The A.C.K.
Staff and Instructors

*The A.C.K. Institute of Martial Arts
Presents The*

Martial Arts

Introductory Lecture



With

Shidoshi and Founder of the A.C.K.

P.S. Wimberly – 6TH DEGREE BLACK BELT

A FASCINATING 1½ HOUR ORIENTATION LECTURE TO EDUCATE AN INDIVIDUAL TO THE PURPOSES, METHODS, AND POSSIBILITIES OFFERED BY AN INTEGRATED SYSTEM OF PHYSICAL, MENTAL, AND SPIRITUAL DEVELOPMENT UTILIZING THE MARTIAL ARTS. UNDERSTANDABLE PRINCIPLES AND DEMONSTRATIONS IN ALL THREE AREAS WILL SHOW YOU HOW YOU CAN ACHIEVE THE GOALS YOU HAVE ALWAYS WANTED FOR YOURSELF - AND BECOME A POWERFUL INDIVIDUAL POSSESSED OF EXTRAORDINARY ABILITIES !

**WHAT GUARANTEE TO CHANGE YOUR LIFE DOES THE MARTIAL ARTS OWE YOU?
IS YOUR SELF-ESTEEM, ETHICS LEVEL, AND SENSE OF RESPONSIBILITY ADMIRABLE
AND TOTALLY UNBREAKABLE?**

**HAVE YOUR PHYSICAL, MENTAL, AND SPIRITUAL POTENTIALS BEEN
METHODICALLY DEVELOPED TO FULL CAPACITY?**

**ARE YOU WITHOUT FEAR – AT PEACE WITH YOURSELF AND LIFE AROUND YOU, AND
HAVE AN UNCOMMON UNDERSTANDING OF REALITY?**

**WHAT IS PERSONAL OR SPIRITUAL POWER REALLY - AND HOW DOES ONE
ACTUALLY DEVELOP IT?**

**HOW THE ACHIEVABLE PURPOSES OF THE MARTIAL ARTS BRING ABOUT THE NEXT
STEP OF HUMAN EVOLUTION!**

AN ENTERTAINING AND THOUGHT PROVOKING TALK GUARANTEED TO INSPIRE YOU TO STRIVE FOR MORE FROM YOURSELF AND LIFE! LEARN HOW TO CHOOSE A SCHOOL AND STYLE THAT WILL GIVE YOU WHAT YOU ARE SEEKING. EVERY PERSON LOOKING INTO THE MARTIAL ARTS NEEDS THIS LECTURE! LEARN THE SECRET REASON WHY THE MARTIAL ARTS HAS ATTRACTED AND SATISFIED PEOPLE FOR OVER TWO THOUSAND YEARS, AND MAY BE VITAL TO YOUR LIFE!!

YOUR SAFETY, SELF-ESTEEM AND PERSONAL GROWTH ARE OF VITAL CONCERN TO US! ENJOY COMFORTABLE TRAINING IN A SAFE ENVIRONMENT - UTILIZING HIGH-TECH METHODS, AUDIO AND VIDEO PROGRAMS - TO SPEED YOUR LEARNING AND RESULTS.

INFORMATION: 828) 255-1914 CALL NOW FOR NEXT LECTURE SCHEDULE!



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