

# DUAL DRAGONS MARTIAL ARTS

## Self Defense & Fitness Training

JKD  
Kickboxing



Jiu  
Jitsu



Family  
Self  
Defense



### Looking for a Fun & Challenging Workout?

Martial Arts Training is a total body workout, designed to make you Stronger, Safer, and more Self Confident! Offering training in Jiu Jitsu, JKD Kickboxing, as well as our Integrated Martial Arts program for Children & Adults. DDMA Monticello's Gold's is your answer to Martial Arts Training!

Contact us to schedule a free Intro Lesson!

DDMA St. Joe 320.363.4848

DDMA Monticello 612.245.2256

### ***Little Dragons Martial Arts Program***

*Mon Jiu Jitsu 530-615*

*Wed Kickboxing 530-615*

### ***Brazilian Jiu Jitsu***

*Mon 630-830 Thur 10am-noon 630-830 Sat 930-1130*

### ***Jeet Kune Do***

*Wed 630-800*

[WWW.DUALDRAGONSMARTIALARTS.COM](http://WWW.DUALDRAGONSMARTIALARTS.COM)

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