

About OC Martial Arts & Fitness

OCMA was established in 2010 by nationally ranked martial artist, Kris Whittington. With over 30 years in the sport, Master. Kris has certification in taekwondo and 20 years of teaching experience under his black belt. He is also certified in Ali-Do, Maui-Thai, Philippine Stick Fighting, boxing and kickboxing. In the past, he has competed internationally in Olympic and open style tournaments, kick boxing tournaments, ranking in the top tier every time.

Committed to the mental and physical wellness of families in the community, OCMA strives to instill self-defense, confidence, fitness, discipline, self-control and fun in every member regardless of their age or physical standings.

QUESTIONS?

If you have any questions or would like to request more information about the school program, don't hesitate to contact us:

714-654-7558

email

info@orangecountyma.com

Enrollment Form:

Student Name: _____

Guardian Name: _____

Age: _____

Phone #: _____

Address: _____

City: _____

Zip Code: _____

Goals: _____



OC Martial Arts

A family martial arts and fitness studio for all levels and ages.



3126 e. chapman ave.
orange, ca 92869
714.654.7558

Our Motto— To be a good person, knowledge in the

mind, honesty in the heart and strength in the body.

OCMA School Program

For kids ages 3-12

Important Info:

The Orange County Martial Arts School program is a detailed curriculum that focuses on improving children's basic motor and listening skills while instilling the importance of self-control and fitness. Through discipline in martial arts, children gain increased confidence and are better equipped to make good choices through life.

Kids are faced with their own degree of challenges every day but OCMA students have a proven track record for being successful in school as well as stellar examples to their friends and peers.

Your child will advance in belt degrees of martial arts while you watch them develop meaningful qualities that will carry them successfully through life.

SIGN UP TODAY!



SKILLS LEARNED:

FOCUS: Listening and reacting skills.

TEAMWORK: Stressing the importance of productively working with others to be successful.

CONTROL: Learning self-control as well as how to control your mind and body.

BALANCE: A crucial skill for Martial Arts and beneficial for all physical activities.

MEMORY: Exercises for the brain. A good memory helps build confidence.

DISCIPLINE: A skill that will transcend in all aspects of life.

FITNESS: Encouraging fun and healthy, physical activity over computer and video games.

COORDINATION: Molding the mind and body to listen to each other.



Advance in belt degrees and colors!

Where: Your School

When: 1 time per week

How long?: 30 minute classes

Cost: \$40 per month

\$20 OC Martial arts t-shirt

*Open and ongoing enrollment.

Payment Info:

Make checks payable to OC Martial Arts
3126 E. Chapman Ave. Orange, CA 92869