



Adaptive Martial Arts Alliance



Matt Morton

Master Instructor, 9th degree black belt

E-MAIL: adaptivema@yahoo.com

WEBSITE: www.adaptivekarate.net

FACEBOOK: [altonadaptivefans](https://www.facebook.com/altonadaptivefans)

TELEPHONE: (314) 609 - 1973

Empowering disabled individual's through martial arts for their best life.



Master Matt Morton, disabled veteran

Benefits of taking a martial arts class

- Engrain goals in your life
- Learn self defense
- Build self confidence
- Improve coordination
- Tone muscles
- Slow down memory loss

Location: 18 E. Ferguson, Woodriver, IL 62095

Class days & times: Thursdays 12:30 - 2:00

Sundays 10:30 - 12:00

Bring this flyer in for a fee class