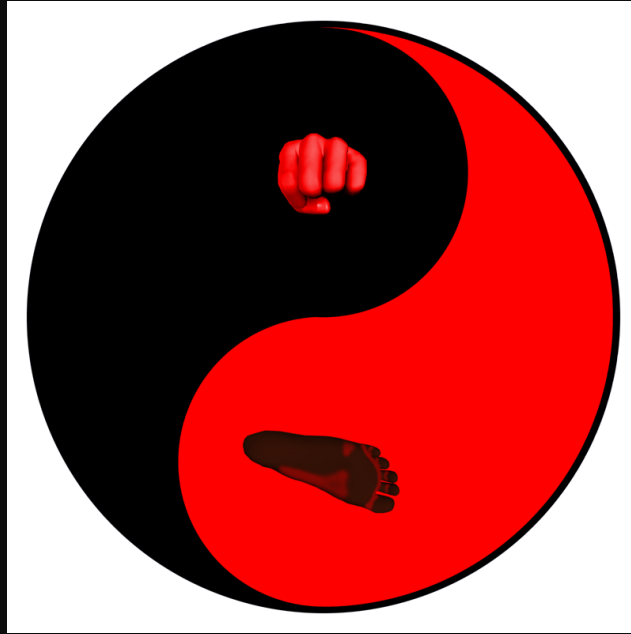


# **Fist and Foot Martial Arts**

## **Statement of Purpose**



**To provide practical Self Defense education through Tae Kwon Do, Self-Awareness, boxing, escapes, ground fighting and weapons.**

