

## KCA MARTIAL ARTS

Silver Spring – Cloverly – Ashton

### Schedule of Classes

301-593-8000



## THE LUTHERAN CHURCH OF ST. ANDREW

15300 New Hampshire Ave.  
Silver Spring, MD 20905

TUESDAYS & THURSDAYS  
6:30 – 7:45 PM All Students

### GOLD'S GYM

2144 Industrial Parkway  
Silver Spring, MD 20904

### SATURDAYS

12:45 – 1:45 PM Youth – All Students  
1:45 – 3:00 PM Adults – All Students

### Introductory Lessons

Monday & Wednesday 7:00 PM  
Tuesday & Thursday 6:30/7:15 PM  
Please call for appointment

Specialty Classes – on website

## ASHTON UNITED METHODIST CHURCH

17314 New Hampshire Ave.  
Ashton, MD 20861

MONDAY & WEDNESDAY  
6:30 – 7:30 PM All Students

*For cancellation of classes due to inclement weather, please call 301-593-8000  
for pre-recorded message or check our website: [www.KCAMartialArts.com](http://www.KCAMartialArts.com)*

## KCA MARTIAL ARTS

### INSTRUCTORS

### TAE KWON DO

**Michael Wholihan** Kickboxing & Tae Kwon Do  
8th Degree Black Belt with 34 years of experience teaching martial arts

**Jack Kessler** Kickboxing & Wrestling  
3<sup>rd</sup> Degree Black Belt & Tae Kwon Do

**Gregory Gallo** Kickboxing & Tae Kwon Do  
2<sup>nd</sup> Degree Black Belt

**Jason Portillo** Kickboxing & Tae Kwon Do  
2<sup>nd</sup> Degree Black Belt

**Jack O'Grady** Kickboxing & Tae Kwon Do  
2<sup>nd</sup> Degree Black Belt

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[www.KCAMartialArts.com](http://www.KCAMartialArts.com)

[KCAMartialArts@aol.com](mailto:KCAMartialArts@aol.com)

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*Class schedules subject to change without notice*

**KCA MARTIAL ARTS**  
SILVER SPRING

**TUITION**

301-593-8000

[www.KCAMartialArts.com](http://www.KCAMartialArts.com)

Established 1982



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**Discipline the mind and the body will follow**

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**Intro Month (New Students Only)**

5 classes a week..... \$59.00  
Free Uniform for new students only ( \$49.00 value )

**Month-to-Month Tuition**

Ages 5, 6, 7 – 1x per week..... \$74.00  
Ages 5, 6, 7 – 2x per week..... \$94.00  
Ages 8 and Up.....\$125.00

**Registration**

Non-refundable Fee per student..... \$35.00  
Free T-shirt for new students only ( \$21.00 value )

- There is never any obligation to continue from one month to the next
- No term agreements or long contracts
- Tuition is due monthly via automatic drafts from the prior month from checking or savings  
Schedule your account with our Program Director

*Class schedules subject to change without notice*

**KCA MARTIAL ARTS**

**LESSON INFORMATION**

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KCA Martial Arts is a traditional Martial Arts School with friendly, professional staff qualified to teach everyone from the beginner to the advanced student. Our Martial Arts programs offer you a way to relax, get exercise, and learn self-defense.

**Instructors**

Our greatest asset! Our instructors are professionally trained, experienced, knowledgeable, and supportive. Participation in teaching seminars which are designed to keep them abreast of the safest, most effective techniques are a requirement.

**Lessons**

We offer continuous enrollment, so you may begin your lessons immediately. We are open year round.

**Facilities**

Full wall mirrors, air shields, targets, muay thai shields, blockers, free well lit parking, convenient to Metro Buses and Ride-on.

**Activities**

In addition to regularly scheduled lessons, we offer tournaments, seminars, and private lessons. For more detailed information on upcoming events at the KCA Martial Arts, check our website.

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Further information about KCA Martial Arts can be obtained by contacting:

**301-593-8000**

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## KCA MARTIAL ARTS

### BELT PROMOTION

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**REQUIREMENTS:** If you have any questions about the physical requirements for your exam, exam forms for all belt levels are available. Students are encouraged to ask their instructors what areas need practice.

**Eligibility:** Exam eligibility is determined only by Mr. Wholihan.

**Fee:** For gold belt and up, not including black belt, there is a \$50 exam fee. For black belt there is a \$395.00 exam fee. Paperwork and payments must be turned in before exam day.

**Accounts:** All accounts must be current for belt promotion eligibility. Please contact the Program Director if you have any questions. Payments must be turned in BEFORE the day of your exam.

**Uniforms:** You must wear your full KCA approved uniform to all exams. Make sure you have a properly placed school patch on your uniform (left front).

**Equipment:** Green stripe and above, bring your equipment to all exams.

**Class:** All exams are considered classes whether you are testing or not. Students and parents are encouraged to attend.

If you have any additional questions, please contact us at your convenience. 301-593-8000 or [www.KCAMartialArts.com](http://www.KCAMartialArts.com)

## KCA MARTIAL ARTS

### HELPFUL HINTS

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- ◆ Always bow upon entering and leaving dojo (karate room).
- ◆ To show respect during your exam – never turn your back to the judge(s).
- ◆ Make sure your uniform is clean as a whistle – this is a sign of great respect to your instructor, your karate school and yourself
- ◆ Only full uniforms are allowed at exams. (Gi top and pants with a properly placed KCA patch on front left.)
- ◆ Ask for help if you need it when tying your uniform or belt. Better to ask for help and make sure you look your absolute best.
- ◆ Show up early to your exam. You will need to stretch on your own before you test.
- ◆ Turn in all your paperwork (exam form and payment) before your exam day. Paperwork is not accepted on exam days. No exceptions.
- ◆ Don't work out too hard on the day of your exam. Save your energy and make it count.
- ◆ There are never any surprises when you test. You will only be asked to do what you have done in class which is what is on your exam form.
- ◆ If you were not ready to test, Mr. Wholihan would not have told you to do so. Relax and do what you have practiced in class.