



Donnelly's USA Martial Arts Training Center

“Personal Protection Experts”

6837 Angola Rd. Holland, Ohio 43528

(419) 865-8664 / Fax: (419) 865-8694

www.aikitol.com

Tetsushinkan Dojo – “School of the Iron Mind”

	Aikido	Kids Grappling	Jujitsu	Adults & Kids- green belt + Tae Kwon Do	Kids Tae Kwon Do	MMA Conditioning	Boxing
Monday	7:30pm - 8:30 pm		6:00pm - 7:30 pm				
Tuesday			10:30pm - 12:00pm Basics: 7:00pm - 8:30pm	6:45pm – 8:00pm	6:00pm - 6:45pm		
Wednesday	7:15pm - 8:30pm	6:00pm - 7:00pm	6:00pm – 7:00pm			4:00pm - 5:30pm	
Thursday	7:15pm - 8:30pm		10:30am - 12:00pm 6:00pm - 7:15pm	6:45pm - 8:00pm	6:00pm - 6:45pm	4:00pm - 5:30pm	
Friday							6:00pm – 7:30pm
Saturday	10:30am - 11:30am		11:30am - 1:30pm	10:30am - 11:30am	9:30am - 10:30am		
Sunday			NHB (No Holds Barred) 10:00am – Noon				

Special Wrestling class 6– 7:30pm the first Wednesday and Thursday of each month. Featuring: Ed Bankowski (Uof M wrestling coach)

Aikido – Jujitsu – Tae Kwon Do – Karate Do – Kickboxing – Tae Ho Jujitsu – Judo - Conditioning

Street Defense – Women’s Self Defense – Private Lessons Available We also carry Martial Arts Equipment!

TWO WEEKS FREE with this coupon!!!

Come in for a two-week free trial to train in as many arts as you want!!!

NO limit on the number of days or classes!!!

Train at the school of Champions!!!!