



E.Y. MARTIAL ARTS & SELF-DEFENSE CONCEPTS

In five of the last six years, E.Y. Martial Arts & Self-Defense Concepts has been voted the Trentonian Readers' Choice "Best Martial Arts Center."

This year, in an unprecedented outcome in addition to being voted the 2010 "Best Martial Arts Center" this organization has also been selected as the 2010 "Best Family Fun," 2010 "Best Children's B-day

Parties and "Best Youth Extracurricular Activities."

E.Y. Martial Arts & Self-Defense Concepts located at 3257 Quakerbridge Road in Mercerville, is owned by 5th degree black belt Ed Yuncza and since 1995, has educated over 5,000 students in the martial arts. That experience has led to the development of a unique three-element program that makes

learning the martial arts fun, fast, and highly effective.

The first element is the school's high emphasis on personal development. "Our students learn how to become black belts in life. Our curriculum includes specific life skills lessons in each class so our students develop the confidence and self-discipline that will help them in school and at work."

The second element is physical development. E.Y. Martial Arts & Self-Defense Concepts has a specifically designed curriculum that will help students progressively improve their strength, flexibility, stamina, and body tone.

As students advance through the ranks, the classes become more physically challenging which keeps the students motivated and excited. The third element is community development.

From providing free demonstrations and presentations to local schools and community groups to supporting charity fund raisers, E.Y. Martial Arts & Self-Defense Concepts has a long history of giving back to the community.

The school also provides many social activities and events for its student body, which allows students and families to develop friendships, bonds and support beyond the classroom. Classes start every week for students, ages 3 and up, and no experience is required.

Karate birthday parties can be scheduled on Saturday and Sundays.

Call E.Y. Martial Arts & Self-Defense Concepts at (609)558-2274 or visit the website at www.eymartialarts.com.