



Donnelly's USA Martial Arts Training Center

“Personal Protection Experts”

6837 Angola Rd. Holland, Ohio 43528
 (419) 865-8664 / Fax: (419) 865-8694
 www.aikitool.com

Tetsushinkan Dojo – “School of the Iron Mind”

| | Aikido | Kids Grappling | Jujitsu | Adults & Kids- green belt + Tae Kwon Do | Kids Tae Kwon Do | Kick Boxing | Boxing |
|------------------|-------------------|-----------------|--|---|------------------|-----------------|------------------|
| Monday | 7:30pm - 8:30 pm | | 6:00pm - 7:30 pm | 6:15 – 7:30pm Adults Only | | | 7:30pm - 8:30 pm |
| Tuesday | 7:30pm - 8:30pm | | 10:30pm - 12:00pm Basics: 7:00pm - 8:00pm | 6:30pm - 7:45pm | 5:45pm - 6:30pm | 8:00pm - 9:15pm | |
| Wednesday | 7:15pm - 8:30pm | 6:00pm - 7:00pm | 6:00pm – 7:00pm | | | | |
| Thursday | 7:15pm - 8:30pm | | 10:30am - 12:00pm 6:00pm - 7:15pm | 6:45pm - 8:00pm | 6:00pm - 6:45pm | | |
| Friday | | | | | | | 6:00pm – 7:30pm |
| Saturday | 10:30am - 11:30am | | 11:30am - 1:30pm 6:00 - 7:30pm | 10:30am - 11:30am | 9:30am - 10:15am | | |
| Sunday | 10:30am - 11:30am | | NHB (No Holds Barred) 11:00am – 2:00pm | | | | |

Special Wrestling class 6– 7:30pm the first Wednesday and Thursday of each month. Featuring: Ed Bankowski (U of 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**

Come in for a **two-week free trial in the arts of your choice!**

We also carry Martial Arts Equipment!