

FMA
Family Martial Arts



Do you want better...

Fitness, Discipline,
Confidence, Self Defence

...for Yourself, your Kids,
or your whole Family?



Then try Martial Arts

**LET'S GET YOU
STARTED!**

800(FMAUAE)362823

www.familymartialartsuae.com

For over 2000 years Martial Arts have been the very best source of...

Fitness

You don't have to be fit to start martial arts. The training will get you into the best shape of your life in a very short time whilst having great fun!

Confidence

This is one of the most important things in our lives and will improve week by week. Most people notice an improvement straight away.

Discipline

Through martial arts training you will develop incredible self discipline. Adults find it easier to stick to tasks and achieve goals. Children's behaviour and school grades improve rapidly.

Self Defence

Bullying and Violent crime are a big problem in today's society. Martial Arts training will help keep you or your children safe and in control.

"Enrolling our daughter Leelya into FMA has been one of the best decisions we have made as parents. We have seen clear improvements in her levels of focus, self discipline and confidence and are very happy to have her be part of such a unique environment which is encouraging and at the same time very honest"

Maya Sakka



How Do I Get Started?

- 1) Call 800(FMAUAE)362823
- 2) Speak to a Member of our Team
- 3) Book an Introduction Appointment
- 4) Attend Appointment Date
- 5) Get Formally Introduced to Our Academy
- 6) Get Enrolled and Begin Your Martial Arts Journey



"Training at FMA has far exceed my expectations. My time here has helped me gain quality training in multiple systems, self defense and fitness. My journey towards earning a black belt has brought out the leader in me and this has been tremendously useful in other aspect of my life"

Amro Alagamawai

Most common questions people ask:

Is it Safe - will I get hurt or have to fight people?

All of the classes are highly supervised by fully qualified professional instructors. Martial Arts training is one of the safest forms of exercise for beginners. We have special separate classes for those that want to compete or fight. Most students just want to train.

Is it Fun?

Motivation, excitement and fun are the essential tools we use to increase the learning, performance and enjoyment of our students. If you like having fun then come to our class!

Will I fit in?

Our classes are for everybody and we have the most friendly, welcoming atmosphere. No idiots or big egos are allowed!

What ages do you teach? - Am I too old?

We teach from 3 years of age upwards. You are never too old - if you can get to the class you can join in!

What if I'm a beginner?

Great. Our speciality is teaching complete beginners and we have a special class just for beginners.

How much does it cost?

Our schools offer a variety of different programs, packages and payment options to suit all budgets. You can discuss your individual requirements with our friendly beginner's instructor at your first visit.

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About Us

Family Martial Arts UAE is a world-class leadership facility that teaches adults, children and families to become the best they can be and reach their full potential in all areas of their lives. We teach these skills alongside a cutting edge martial arts, fitness and self defence programme which helps to create happy individuals who live their lives at a level of success and fulfillment that most people can only dream of.

Our Philosophy

We believe that Martial Arts is a way of life that promotes continuous improvement & development in all aspects of our lives. It is through the physical training in the martial arts that we tap into our higher selves & come closer, consistently & incrementally, to our highest potential as human beings.

Mission Statement

To empower lives and create leaders in the community through the superior instruction of our unique Martial Arts Success System in a safe and friendly atmosphere with a level of service that exceeds our client's expectations

