



Why we think everyone should train in Martial Arts...



Why are Martial Arts So Popular?

Martial arts are so popular because no other activity can provide the same results as martial arts for each individual participant. Whether your goals are self-confidence, self-defense, personal development, fitness, and flexibility or to earn a black belt, our school will take you there.

Martial Arts are Great for Children

Parents today are recognizing that the public school system is not enough. Millions of parents are bringing martial arts, as we teach here, into their children's lives to supplement their education.



Parents report these important benefits for their children from our martial arts classes:

1. Our reward system improves children's self-esteem

Martial arts are not like team sports because the emphasis is on developing the individual's self-esteem not the team's winning record. The belt system is the key. When kids earn their belts, it gives them a great sense of accomplishment that really improves the way they feel about themselves.



2. Our program teaches children discipline

One of the things parents appreciate most about our classes is the improvement in their child's self-discipline. We have a wonderful staff of patient instructors who love to work with children but are also very clear about limits. We enforce good rules of behavior in class, and we expect the same good behavior at home and in school.

3. Our activities channel children's aggression

Many doctors prescribed our school for treatment because of the positive outlet it gives the kids for all their energy.



4. Our confidence classes enhance children's self-esteem

We believe confidence is one of the most important things we can give kids. That's why every class we teach has confidence-building drills included.



5. Our program teaches children essential self-defense skills

Our program teaches practical, proven self-defense methods. We also teach the kids that the moves they learn in class will work, so they don't go home and try them on their sister, or neighbor.

Martial Arts is a Fun, Fulfilling Workout for Adults as well.

Our adult students really appreciate the differences between martial arts training and standard exercise programs. Here are a few things our adult students have noticed.



1. Our workouts are a great way to get in shape

Martial arts are like an exercise program with a bonus! You learn to defend yourself while you get in shape.

2. Our classes relieve stress

Martial arts are well known for their stress relieving benefits. The emphasis on mind-body training goes far beyond the benefits of standard, health club type exercise programs.

3. Our classroom practice sessions give you confidence

I think the confidence-building part of our program is what students appreciate the most. Nothing can take the place of security knowing that you can defend yourself, if you must.

4. What we teach you could save your life

Our instructors work very hard to ensure that most any situation you might encounter is covered in the classroom under very safe learning conditions, so you will be prepared.

5. Our program is a lot of fun

The reason our program is so successful is because we make the classes fun and exciting. We learned a long time ago that if people are having fun, they learn much faster.

6. Make lifelong friends to train alongside with



Revolution Martial Arts Institute has a distinguished history of bringing people together from all walks of life, forging a family of people who are like minded and pursuing a common goal of excellence. Long lasting, and meaningful friendships are created. Over a decade of martial arts instruction in Swarthmore, PA has cemented our place in the community as the place where people come together

Martial arts can help just about everyone in a variety of different ways...

Most people think martial arts has everything to do with fighting, or competition, whether that's sport karate portrayed by movies and tv shows, or even what they see from MMA matches, martial arts is much more than that. Not everything in the media is exactly accurate or presents martial arts in the way that it is in reality.



However, one thing that is true, with all the kicking, punching, yelling, training hard with your classmates and getting the best workout you can get will instill a sense of resilience, calmness under pressure, and ability to push through life's most difficult circumstances because training at Revolution Martial Arts Institute will forge you in the fire of rigorous training, make you feel comfortable with being uncomfortable, and create a better, stronger, more fit, version of yourself.

We use Martial Arts as a vehicle towards your personal excellence, equipping you with the tools to unlock your own personal REVOLUTION.

If you read this far... you are one step closer to realizing how martial arts can improve your life or the life of your child.

To take action, click the link below, or scan the QR code for a special message and sign-up link to get started. Go there NOW! You'll be glad you did.

GO HERE NOW!

<https://www.revolutionmartialartsinstitute.com/special-message>



(or scan the QR)

See you there!
Michael Celona
Master Instructor



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