Our martial arts programs feature a traditional karate program teaching USA Goju Karate, American Combat Kickboxing classes, and instruction in Modern Arnis, a highly effective Filipino martial art.

Students can train in any or all of the classes—karate, kickboxing, and arnis—for one low monthly price. Grading (belt ranking) is conducted in both the karate and kickboxing classes. Students progress at their own pace under the expert instruction of our teachers.

Sensei Seigel is available for seminars and small group training sessions, as well as private one-on-one lessons.

For More Information Contact:

Sensei Andrew Seigel: senseiseigel@gmail.com 609-805-8553

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Visit us on the web at: roninmartialartscenter.net

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Visit us on Facebook at:

Ronin Martial Arts Center Vineland

2725 North Delsea Drive Vineland, New Jersey 08360 609-805-8553

Roninmartialartscenter.net

Ronin Martial Arts Center
is located at:
Hebron Sports & Fitness
(Ramoth Church Building)

Children who study the martial arts learn RESPECT, CONFIDENCE, AND THE VALUE OF HARD WORK.





609-805-8553



Head Instructor

Sensei Andrew Seigel has over 34 years experience in the martial arts. A state certified school teacher with a masters degree in supervision and curriculum development.

Sensei Seigel holds black

belt rank in several martial arts, has many years of experience as a tournament competitor, and is actively involved in the martial arts world as an instructor and tournament judge. A member of distinguished Martial Arts Halls of Fame, he is a board member of the United Martial Arts Referees Association. He continues to refine his own skills and knowledge under renown masters in karate, kobudo (traditional weapons), iaido (Japanese sword), and contemporary street safety and self defense techniques. He is especially focused on working with children to help them grow into responsible citizens.





## Class Schedule

Monday & Wednesday: Kickboxing Classes 5:30p—7:00p

Monday & Wednesday: Karate Classes

Pee Wee (ages 5-10) 6:00p - 6:45p

Juniors (ages 11-15) 6:45p – 7:45p

Adults (age 16+) 7:30p – 8:30p

Saturday: RoninFit Kickboxing 8:00a—9:30a

Special Classes: Women's Self Defense (call for details)





Ronin Martial Arts Center provides outstanding instruction in self-defense and the martial arts. We specialize in working with students of all ages and abilities, offering the following martial arts classes:

USA Goju Karate— The traditional martial art from Okinawa and Japan, karate teaches punches, kicks, stances, and blocks, along with kata (pre-arranged movement sequences), kumite (sparring), and kobudo (traditional weapons).

Combat Kickboxing—a unique blend of karate and boxing, Combat Kickboxing teaches contemporary strikes, blocks, and movement techniques associated with full contact kickboxing.

Modern Arnis—the pre-eminent martial art of the Philippines, this unique martial art combines empty hand with stick and blade techniques into a formidable means of self-defense.