



Sensei John Lofton (32 Years Experience)
Martial Arts Training Club
27 Years Same Location
6019 Stockton Blvd Suite E
Sacramento, CA 95824

Why train at Martial Arts Training Club, which is one of the oldest schools in Sacramento, with one of most qualified instructors? One of many reasons is the high level of instruction received. Sensei Lofton personally teaches all the classes himself (not student instructors with five years or less teaching experience).

At Martial Arts Training Club we offer several martial arts, in one location, at one affordable rate. How much would it cost you to train at different schools to accomplish what you can do at Martial Arts Training Club? Each one of our systems complements the others to ensure quality training and techniques; each style has its own class schedule and time (1-1½ Hours), and are not combined or used as filler. Each class is limited to 10-15 students; it's not the quantity, but rather the quality that is our primary goal. Rank is also EARNED for each system.

STYLES TAUGHT

Renbukai Karate-Do

Renbukai is a member of the "All Japan Karate-Do Federation, which is recognized by the Japanese government. Martial Arts Training Club is the only school in California to offer this classical style. Renbukai Karate-Do is a traditional-based style covering Basics, Kata, Self-Defense, and Free Sparring. It is also an effective self-defense system for the street.

Combat Judo

Our style of judo is geared more for a self-defense situation by offering stand up and ground techniques.

Okinawa Kobudo

Ancient Okinawa weapons such as Nunchaku, Sai, Bo, Kama, Tonfa, Nunte, Rokushaku Kama, Timbe, and Hand Bo were designed to fight marauding samurai and thugs. Today, it is an extension of other martial arts; there are 29 weapons in this system.

Filipino Style Fencing

Also known as eskrima, arnis, and kali. This is one of the most practical martial arts, even though some people think it's only a stick art. Our system has 20 weapons, and includes empty hands, kicking and ground techniques.

Iaido (Matsu Oka Ryu)

Art of drawing the sword. This style is offered as a private lesson class for individualized training. Katana and Ni-to, and how to care and display your blade is covered.

**If this is for you, call for an evaluation.
(916) 421-9428**

SEA Member Discount

12-Month Program: \$84.00 Down (a \$15.00 savings over the \$99.00 regular rate), and \$94.00 Monthly (\$15.00 off our \$109.00 regular rate) + 50 % off the monthly rate for each additional family member.

24 Month Program: Nothing down, and
\$84.00 Monthly (\$15.00 off our \$99.00 regular rate) + 50 % off the monthly rate
for each additional family member.

If you're still not sure, we offer two **Introductory Programs:**
2 weeks free of charge, just your time
or
4 weeks for \$49.99 (includes a Free Uniform, a \$49.99 value)