













Invodo School of Martial Arts

439 Edwards Access Rd. Northstar Center #B206

Located in Edwards behind AT&T and Subway above Crazy Mountain Brewery

Introductory Special Tae Kwon Do Brazillian Ju Jitsu Kickboxing

Unlimited Classes for Two Months only \$199



970-569-3083 WWW.INYODO.COM





Tae Kwon Do | Brazillian Ju Jitsu | Kickboxing

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Tae Kwon Do | Hapkido





Inyodo Martial Arts features the traditional Korean Martial Arts of Tae Kwon Do and Hapkido. The meaning of Tae Kwon Do is the art of hand and foot. It differs from Karate in that it has more dynamic kicks.

Tae Kwon Do is a Korean based Martial Art rather than Japanese. Hapkido focuses on self defense through joint locks, grappling and throwing techniques.

Inyodo teaches these as our base but we welcome the chance to teach and learn all forms of Marital Arts.

We are open to all age groups 4 years old to 400. Through development in the Martial Arts, one will learn Self Control, Discipline, Respect and Confidence!

Kickboxing



Inyodo Martial Arts also features Kickboxing which is a great class for teens and adults alike. You will receive an amazing cardio workout along with the learning process of how to kick and punch properly through the use of many different training methods. We teach Muay Thai methods, along with proper form and technique.

Whether you are looking to get in shape or test yourself in the ring, this class is for you!

This workout can start your day off right and put you in a great frame of mind to tackle the day or the evening classes can get your mind off of a hectic work day and you will be able to sleep soundly!

Brazilian Jiu-Jitsu





Brazilian Jiu Jitsu is a grappling martial Art that teaches a smaller person how to defend them self against a larger adversary by using leverage and proper technique. It is a modified version of Japanese Judo and Japanese Jujutsu to create the Brazilian version of Jiu Jitsu.



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