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Elite Self-Defense Academy is the community leader in martial arts for children, men and women. We teach cutting edge classes in Self-Defense. The goal of our self-defense classes is to survive an attack, not to stay and fight with attackers.

## **About us - Elite Self Defense Academy | Martial Arts ...**

Our kids martial arts program for 6-12 year old is designed to help school-age children develop physical aptitude, strengthen body and mind, and build positive characters.. Under persistent

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discipline, trust, and encouragement, children practice Taekwondo, Sparring, and Self-defense skills through various training and drills that include kicking, breaking boards, forms, and techniques to ...

### **Elite Martial Arts - Corinth, Texas**

Come let us train you to defend yourself and your loved ones. Krav Maga is the most effective self defense system, using your natural body movements to defend yourself against potential attackers. We have adult and children classes. Children need to be 5 years or older.

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Elite Self Defense Centers in Baraboo, reviews by real people. Yelp is a fun and easy way to find, recommend and talk about what's great and not so great in Baraboo and beyond. Elite Self Defense Centers - Self-defense Classes - 110 4th Ave, Baraboo, WI - Phone Number - Yelp

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[01/13/18] Elite self defense juniors working out very hard. #elite #self

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#defense #livermore #fitness  
[01/13/18] two of our adult students  
doing a wrist throw in our Fun and  
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## **Elite Self-Defense Academy, 2247 2nd St, Livermore, CA (2020)**

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