



Al Marshall

Let's get in shape and learn self defense at the same time. It's time to raise your level of awareness. Predators are waiting for unsuspecting people to drop their guard when out and about. Train to protect yourself in these situations. Don't let yourself become a victim in an attack without proper training.

I am a master black belt trained in Goju karate with over 40 years of experience in the art of combat.

I earned a First place in the Nationals Top 10 Martial Arts Completion in Atlantic City NJ convention Hall in 1992, placed third in world-wide open style karate in 1991 competing against competitors from around the world. In my career I have won numerous awards trophies and accolades.

Pressure point fighting Jujitsu techniques and basic boxing skills are just a few things you will learn. I am trained in many other styles as well. Come and join me for the time of your life experience and have fun while getting in shape.

**TUESDAYS – 5:15PM – 6:15PM**