



# The Shire Martial Arts Mission

We help boys, girls, men and women become fit and strong.

Shire Martial Arts will teach practical and effective self defence in a fun, safe and sustainable manner.

We will strive to provide a means, through Martial Arts training, for people to firstly distinguish and then to extend the comfort zone within their body, mind and spirit.

Our goal is to facilitate a regular and continual growth within our black belt school, as well as in our students and instructors, so that we may all reach our ultimate potential as human beings.

