# The Way

"The Way - The Art of Life," is the art of Self-Defense and Wisdom Living (THE WAY FOUNDATION INC). It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth.

We know of some of the widely known Martial Arts and how each is referenced with the country where they originated.
Karate - Japan  Kung Fu - China  TaeKwon-Do - Korea
The Way - The Art of Life - USA (Montvale, NJ)

Grow, get fit and learn to be disciplined while using the following attributes and tenets of THE WAY: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control. The Way meets twice per week for 8 weeks.

Tuesdays and Thursdays Beginning January 27
6:00-7:00pm Kindergarten – Grade 4
7:00-8:00pm Grades 5 – 8
8:00-9:00pm High School and Adults

**Montvale Senior/Community Center:** 1 Memorial Drive
**Resident Fee:** $120
**Non-Resident Fee:** $180
**Registration:** Go to montvalerecreation.org (advanced registration required)