



'The Way'

The Art of Life



“The Way” – The Art of Life, is the art of Self-Defense and Wisdom Living. It is the training of the Body, Soul, and Spirit for self-defense in the unarmed combat and daily healthy growth. Grow, get fit and learn to be disciplined while using the following qualities: Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness and Self-Control.

Due to the growing class sizes, this program is now split up (by age) into three separate classes. All classes will be held on Tuesdays and Thursdays accordingly; the Kindergarten through Grade 4 class will take place from 6:00-7:00pm, the Grades 5-8 class will take place from 7:00-8:00pm and the High School and Adult class will take place from 8:00-9:00pm. Classes begin Tuesday, September 26 and run for 8 weeks (16 classes total). The program will be held in the Montvale Community Center located at 1 Memorial Drive.

Instructor: Mario Liriano; 5th Degree Black Belt and over 46 years of Martial Arts experience. Mr. Liriano has been teaching this program for over 18 years in Montvale and has produced many Black Belts (including his two daughters).

16 Class Program Registration Fees: Residents- \$120 Non-Residents- \$180

Registration: Go to montvalerecreation.org or attend the first class with cash/check payment

Questions?

MontvaleRecreation@montvaleboro.org

201-391-5700 ext. 251