



Visit us on Facebook: [Walden's Wellness & Fitness Dojo](#)

**ONLY \$40/month\***

Now you or the whole family can afford to study martial arts! *For health, for fun or for self defense.*

- 1st month free!
- ONLY \$35 monthly for individuals.
- Up to 3 family members for only \$40/month.
- Grants and reduced pricing available.
- Discounts available for Military, Law enforcement, Corrections, Educators, and Health Care Providers.
- Experienced & Knowledgeable instruction for all ages and needs (including special needs).
- Family focused and oriented.
- No contracts no hidden costs.
- Private instruction available.
- One on one training as well as group instruction.

**Master Steve Walden:** [PTA/CCE/MWH](#)

Arthritis Foundation certified Tai Chi Instructor Senior Trainer under Dr. Paul Lam

8<sup>th</sup> Degree Isshinryu Karate    5<sup>th</sup> Degree Tae Kwon Do    1<sup>st</sup> Degree katusgo ryu small circle jujitsu

Waldens Wellness and Fitness Family Dojo also has an experienced, knowledgeable group of Black Belts who also assist with instruction.

**We respect and acknowledge previously earned rank. .... No egos allowed**

*\* Add'l fees for testing: \$20 for all rankings below brown belt senior ranking testing costs vary.*

Uniforms for Karate are not provided or required initially and not necessary for Tai Chi

([Kamikaze Karate Martial Arts & MMA Supply](#) of Terre Haute is a recommended local retailer).

**Location and contact information**

1100 Girl Scout Ln, Terre Haute, IN. 47807

Phone: 812-235-5417 or 812-298-1132

**Class Times**

Tuesdays 6:30pm – 7:30 AND Thursdays 5:30 p.m.– 6:30

Email: [Waldo1374@yahoo.com](mailto:Waldo1374@yahoo.com) or [Freedive65@aol.com](mailto:Freedive65@aol.com)