



STUDIO INFO FLYER 2025

USA Professional Karate Studio ★ Since 1981!

Bettering Families Through Karate & Saving Lives Through Krav Maga!

2345 Murray Avenue | 412-521-1676 | www.usaprokarate.com | mail@usaprokarate.com



OUR PROGRAMS

See Website for even more Details

KARATE

Our American Freestyle Karate & Kickboxing includes weapons training and defense, grappling, extensive life skills training, additional Sparring class, Leadership training, Black Belt Boot Camp, Family class and more!

FOR KIDS: Classes are based on age and rank from Ages 4-12. They also include our confidence-building Bully Awareness and Defense training! Our character training includes tools for Parents and School Teachers.

FOR ADULTS: Classes starting at ages 13 and up, includes additional Black Belt Degree training, Advanced Weapons Training, Leadership opportunities and more!

KRAV MAGA

We are an "Official Krav Maga Worldwide Training Center" teaching real-world, real-practical Self-Defense, Fighting and Fitness in the most immediate and effective way from the Israeli Defense Forces training system as developed by Mr. Imi Lichtenfeld.

HYPER PRO TRAINING

As the only Official Hyper Pro School in our area, we offer this Upgrade Class for current Karate Students who want to perform Acrobatics, Kicks, Tricks and High-Level Weapons, includes a special training Mobile App that connects with our Worldwide Hyper community & more.

KRAV MAGA FIT

This Class focuses on the fitness training techniques from our Krav Maga Program for strengthening and conditioning with High Intensity Interval Training, Tabata, Kettle Bell, Medicine Ball, Heavy Bag, Circuit Training and much more! Register for a Free Trial Class on our website! (By appointment Only)

COMMUNITY WORKSHOPS

Hyper Bully Defense Workshops
Krav Maga Women's Fight Back Workshops
Private Group Self-Defense Workshops Available

SAMURAI KARATE BIRTHDAY PARTIES

Our Karate Birthday Parties are famous, fun and educational. The birthday child gets to break a board, get a Karate Headband and cut their cake with a real Samurai sword! Upgrades available for the whole class.



TIGERS KARATE, AGES 4 & 5
Mondays & Wednesdays
4:30 - 5:00 PM



LITTLE NINJAS KARATE, AGES 6 & 7
Tuesdays & Thursdays
4:30 - 5:15 PM



EAGLES KARATE, AGES 8-12
Tuesdays & Thursdays
5:30 - 6:15 PM



TEENS & ADULTS KARATE, AGES 13 +
Mondays & Wednesdays
5:15 - 6:00 PM



HYPER PRO TRAINING, KARATE UPGRADE CLASS
Acrobatics, Weapons & Demo Team
Hyper Fridays: 6:00 PM - 7:00 PM



KRAV MAGA FIT, CO-ED AGES 16 +
M/W 7:15 - 8:15



KRAV MAGA WORLDWIDE, AGES 16+
Real World Self Defense, Fighting & Fitness
T/TH: 7:30 - 8:25 PM (Level 1)
T/TH: 8:30 - 9:30 PM (Level 2+)

ADVANCED KARATE

ADULTS & BLACK BELTS:
M/W: 6:15 - 7:00 PM
ADVANCED EAGLES:
T/TH: 6:30 - 7:15 PM

FAMILY KARATE CLASS

(Make-Up Class) Ages 6+
Fridays: 5:00 - 5:45 PM

JIU-JITSU CLASS, Ages 12+
Sat.: 10:00 - 11:00 AM

SPARRING CLASS, Ages 8+
KARATE AND KRAV MAGA
Sat.: 11:00 AM - 12:00 PM

WEAPONS CLASS, Ages 8+
Sat.: 12:00 - 1:00 PM

HOW TO GET STARTED

KARATE:

2 Class Introductory Program for Karate: Only \$19.95
Our Karate Programs for adults and children start with our Introductory Program. It is very important that you have a representative experience of our classes before you make a commitment, even in purchasing a uniform! Our Intro Classes are made up of one semi-private Lesson with the Chief Instructor, where you get to know us and our teaching style and earn your white belt. There is a complete outline of what you or your child will learn. The second Intro class will be an actual group class in your age group and at the time of your regular class.

KRAV MAGA:

We offer a totally FREE Trial Class to get started.
If you enjoyed the class and want to continue to learn real-world self-defense for your personal and family safety, please stay after the class for a chat to get the details of our program and also get amazing discounts! You will get 15% off all your required protective gear and uniform and also 50% off of your one-time registration Fee.

2025 SUMMER DAY CAMP WEEKS:

Our Camps are the answer to your child's summer needs. Daily Karate classes provide your child with a character-building education, as well as, self-defense and physical conditioning. **See our website for details!**

HYPER CAMP: June 16-20, 8 Years+
EARN A BELT CAMP: July 14-18, 6 Years+
WEAPONS CAMP: August 4-8, 8 Years+

IMPORTANT STUDIO EVENTS:

- ★ 06/16 thru 06/20 Hyper Day Camp
- ★ 06/29 thru 07/06 **CLOSED** for Independence Day Week
- ★ 07/14 thru 07/18 Earn A Belt Day Camp
- ★ 08/04 thru 08/08 Weapons Day Camp
- ★ 08/29 thru 09/01 **CLOSED** for Labor Day Weekend
- ★ 09/10 & 11 Bring-A-Buddy Break-A-Board
- ★ 10/16 & 17 Hyper Bully Defense Workshop 6-7:30 pm
- ★ 11/16 Women's Self-Defense Workshop 2-5 pm
- ★ 11/27 thru 11/30 **CLOSED** for Thanksgiving Break
- ★ 12/24 thru 01/01/2026 **CLOSED** for Holidays

See Back For More Event Details



'If you never did you should. These things are fun and fun is good.' By Dr. Seuss 'The greatest gifts you can give your children are the roots of responsibility and the wings of independence.'

RESPECT | CONFIDENCE | FOCUS | DISCIPLINE | REALITY-BASED SELF DEFENSE | FITNESS | FUN | BETTER GRADES | INTEGRITY

SAMURAI KARATE BIRTHDAY PARTIES



HAPPY BIRTHDAY!

**USA
PRO
KARATE
.COM/
KARATE
BIRTHDAY
PARTIES**



BULLY DEFENSE WORKSHOP

OCTOBER 16 & 17, 2025



FREE
COMMUNITY EVENT
REGISTER TODAY!



AGES 6-12 **AGES 12-18**
6PM THURSDAY 6PM FRIDAY

REGISTER ON OUR WEBSITE:
USAPROKARATE.COM/EVENTS

FREE
COMMUNITY EVENT
REGISTER TODAY!



WOMEN'S SELF-DEFENSE WORKSHOP

AGES 13+



**SUNDAY,
NOV 16
2PM-5PM
\$15** DONATED TO THE
WOMEN'S SHELTER

**IN STUDIO:
2345
MURRAY
AVENUE**

**REGISTER NOW! AT:
USAPROKARATE.COM/EVENTS**

SELF-DEFENSE
USA KARATE
WORLDWIDE
**KRAV MAGA
WORLDWIDE**
SQUIRREL HILL/PITTSBURGH