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SHAOLIN KEMPO KARATE or Kung-Fu, as referred to by the Western Chinese, are one in the same.

The origin of Shaolin Kempo Karate dates back as far as 4,000 years ago when the art was used by the military to ward off the invading Tartars and Barbarians. The first Shaolin monastery was erected on Mt. Su in Hunan Province by the true monks who were seeking the salvation and unity of their souls and bodies, as well as the military monks, who were preparing to restore the overthrown Ming Dynasty.

The Shaolin Kempo Karate movements were derived from the five original animal forms, namely the Dragon, the Tiger, the Leopard, the Snake and the Crane.

FRED VILLARI'S STUDIOS OF SELF DEFENSE is willing to share with you the secrets of Shaolin Kempo Karate, Jiu-Jitsu and Kung-Fu.

Men, women and children, just like you, have joined our classes because of the high incidence of crime and muggings in the streets, or just simply for weight control.

We have established numerous schools internationally in order to bring this art to millions of interested people all over the world.

It's *EXCITING* to be a member of *FRED VILLARI'S STUDIOS* and there is no magic formula required. As a member you will be entitled to the use of our facilities and programs six days a week, morning, noon and night. You will have the opportunity to make many new friends, travel, participate in competitions, seminars and clinics in some of the most beautiful and picturesque settings in North America.

All of our classes, group and private, are taught by highly qualified Black Belt Instructors, whose training and ability are constantly being upgraded by the world renowned *FREDERICK J. VILLARI, GRANDMASTER and TENTH DEGREE BLACK BELT.*

The art of Shaolin Kempo Karate will enrich you both mentally and physically regardless of sex, age or size.

Within a few weeks at *FRED VILLARI'S STUDIOS* you will have begun to develop an awareness of inner peace, and an ability to deal with emotional tensions so prevalent in these times. We believe that in the 1980's, self-confidence and self-discipline will be valuable commodities.

On the physical side, the efficiency of our various exercise programs are excellent for providing weight loss and control, and for cultivating strong and flexible bodies thus promoting good health and longer life.

The fundamentals of Shaolin Kempo Karate teach restraint when provoked, and defense when attacked. Rarely will you find a true student of this art involved in a fight or a brawl, simply because he or she has the confidence of knowing they'll be the ultimate victor, and will be able to walk away from most confrontations without loss of self-respect.

Bullies never stay with this art, for the teachings of discipline are enough to discourage them. They would rather buy a weapon than try to develop one.

ENROLL NOW as openings are limited, or call the *FRED VILLARI'S STUDIOS* nearest you for further information (see back of brochure). This will be the most rewarding experience of your life.

REMEMBER, IT IS BAD FOR ONE TO FIGHT WITH ANOTHER, BUT WORSE TO FIGHT AND LOSE!

Yours in the Martial Arts,

FREDERICK J. VILLARI



GRANDMASTER 10th DEGREE BLACK BELT