

PREMIER MARTIAL ARTS OPENS IN EAST COBB



Do you want a fun workout that will improve your self-confidence and self-defense skills? Are you looking for a place that builds your child's confidence and self-respect while improving their health? Premier Martial Arts empowers thousands of students of all ages on a daily basis, and Scott Rubant is opening a new location in East Cobb.

Premier Martial Arts focuses on a combination of techniques found in four effective disciplines: Krav Maga, Kickboxing, Brazilian Jiu Jitsu and Kali. Premier Martial Arts goes above and beyond by also focusing on self-improvement. They combine traditional exercises with modern combat techniques.

Premier instructors go through a very extensive selection process and are put through an intense and rigorous series of training to guarantee the highest quality of instruction. The East Cobb head instructor, David Barnes, has been participating in Martial Arts for 16 years and finds it so valuable that he has been teaching it for 14. He enjoys teaching at Premier because he finds the instruction to be more applicable to life today.

Premier Martial Arts also focuses on character development. Instructors teach young students how to respect their elders, how to be accountable and how to stay in shape in a fun and exciting atmosphere. They empower adult students with the self-confidence to overcome anxieties. All students receive coaching in focus, goal setting, self-discipline and confidence to help keep them on track.

"With my own children I saw how martial arts can improve discipline and focus," said Scott. "I opened Premier Martial Arts because I wanted to provide this same experience to the people in my community."

Members typically attend classes two times per week. The East Cobb Premier Martial Arts offers self-defense classes for women and visits schools to talk about self-discipline and motivation. They also host full-service birthday parties on the weekends.

If you've ever been interested in trying martial arts, now is the perfect time to sign up. Premier Martial Arts is offering enrollment specials prior to opening their doors in April.

Premier Martial Arts is located next to the Kroger at 3162 Johnson Ferry Rd, Ste 270, Marietta, Ga. For more information, visit premiermartialarts.com/eastcobb, email info@pmaeastcobb.com or call 770-299-9951.

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