

# Karate Anyone?

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Some of you know that I've been studying Karate with Sensei Daniel Cavaliere of United States Academy of Martial Arts for about a year and a half now. Why I've waited to train until now is beyond me as I've enjoyed the process thoroughly!

United States Academy of Martial Arts, a Family Training Center, has been bringing the challenge and excitement of their programs to men, women and children of all ages and skill levels.

US-AMA is unique in its approach to teaching as they have adapted and refined styles from around the world such as Karate, Kung-Fu, Aikido, Tae-Kwon-Do, Judo, and Jiu-jitsu, developing a solid style that takes the best of each system and is effective and easy to learn at any age, ability or skill level. The blending of the styles provides US-AMA students with an unlimited resource of effective techniques. Rather than molding the student into one particular