

Tuesday January 12, 2021

“I couldn’t be happier”

My family has been a part of the Manna’s family since 2010. Three members of my family have trained in either their Little Dragons, Dragons, Teen/ Adult, and/ or Songin (adults ages 30+) programs. Each of us has gained invaluable knowledge, experience, and skills in applied, effective martial arts and life in general. I have loved seeing the confidence, discipline, determination, and strength increase in my children over their years of training at Manna’s. The Songin program provides a unique opportunity for adults to expand critical thinking skills, which permeate other areas of life such as in the home and workplace, and to safely perform martial arts, including modifications for the aging or injured body. It’s never too late to start doing martial arts and you’re never too old to do martial arts because martial arts is about 70% mental anyway.

All of the master instructors are not only extremely qualified, but also superb in their instruction of martial arts for all types of students. They are patient, thorough, desire for each student to achieve their individual goals and improve their character while maintaining the integrity of the instruction, and most importantly, they make learning fun! This is not the kind of martial arts studio that just hands out belts because you pay your dues or pay for an exam. Each student promotes in rank based on merit and the system maintains integrity from beginner levels through the master level ranks. You can be confident that you and/ or your children receive the best instruction around.

They even offer virtual school, after school and summer camp care for children, clinics for all levels of martial artists, self-defense and other classes for the general public, leadership and life skills courses, kickboxing classes, outreach classes at various elementary schools, birthday party packages, parent nights out... you name it- all at their safe, spacious, and well-maintained facility. This place seems to have it all.

Since the onset of the pandemic, Manna’s has paved the way for unmatched virtual instruction. They invested in the latest high-speed, high-quality hardware and software programs for their online instruction and trained the instructors how to effectively teach both online only and simultaneous live and online classes. I have personally taken over 200 of their online classes and experienced zero technical glitches in any class. Online students receive the same high quality instruction and corrections that live students receive, while keeping in mind that there is no substitute for actual physical contact and interaction, especially when performing self-defense techniques. Classes are provided on demand for those with scheduling difficulties and for those that wish to view a class in which they have already participated to review the instruction or watch their own recorded feed in gallery view, which in itself is an invaluable learning tool.

Honestly, I couldn’t be happier with the quality of instruction at Manna’s Martial Arts. It is unparalleled in so many areas and I can’t give it high enough praise. Best of all, you really don’t have to take my word for it, just come by and see for yourself just how awesome this place and the people are. You can even try a couple classes for free either online or in-person and experience it for yourself!

Manna’s student/parent