

Covering Hillsboro, Deering, and Surrounding Areas

# HDMS Journalism

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SPECIAL EDITION

Your Local News Source

**DO YOU WANT TO LEARN**  
**MARTIAL ARTS?!**



**TRY THE ASDC STUDIO IN HILLSBORO!**

## WELCOME TO AMERICAN SELF-DEFENSE CONCEPTS

By Michael - Grade 8



Instructors Mr. Lawrence and Mr. Lenny starting a class

### What is the American Self-Defense Concepts (ASDC)?

ASDC is short for American Self-Defense Concepts, or in even shorter terms, a karate establishment. It is located in the new Hillsboro Health and Fitness gym (166 W Main St, Hillsborough, NH 03244), as they have partnered together. It has basic self-defense classes, for children six and up. Other classes include BJJ (Brazilian Jiu-Jitsu), defense against weapons class (katana, bo staffs, nunchucks, etc.), and kickboxing. Classes take place Monday through Thursday, with junior 1 starting at 4:45 to 5:30 and junior 2 and adult classes from 5:30 to 6:15.



## WELCOME TO AMERICAN SELF-DEFENSE CONCEPTS

By Michael - Grade 8



Students earning their next level belts (in previous location)



Mr. Lawrence instructing students who are advancing to the next level

### Why Should You Try Martial Arts At ASDC?

The following interview was conducted by Michael with two of the instructors at ASDC. First is Mr. Lawrence, who is an eighth-degree black belt in kenpo karate. Second is Mr. Lenny, who is a first-degree black belt in kenpo karate. Both have studied the martial arts for most of their lives and currently continue to train.

**Michael:** How do you approach discipline and motivation in classes, especially for children?

**Mr. Lawrence:** You approach discipline with patience and understanding of both physical and mental abilities.

**Mr. Lenny:** You get motivation from the students as they work towards and complete goals in class.

**Michael:** Can someone observe or try a class (or two) before committing to a membership?

**Mr. Lawrence:** Yes, we offer a free week of classes where you can try out martial arts before fully committing to a membership.

**Michael:** What can someone reasonably expect to learn within three, six, or twelve months?

**Mr. Lenny:** You will learn the concepts of self-excellence and grow confident in your abilities to master new, physical skills.

**Michael:** What are the rates and fees, and what do they include (uniform, belt-testing, etc.)?

**Mr. Lawrence:** We charge \$125.00 per month for the first student and \$100.00 per additional student in the same household. People can contact Hillsboro Health and Fitness if they have questions.

**Michael:** What is the general culture of "vibe" of the dojo and the students who train there?

**Mr. Lenny:** An environment where everyone is included regardless of the level of skill or experience. Everyone helps and motivates each other, as well as bringing out the best in each other. I feel the same way about the environment as an instructor myself.

By Michael - Grade 8

## ASDC Interview Continued...

**Michael:** What are the expectations for new students regarding uniforms and behavior during class?

**Mr. Lenny:** Uniform is a gi, and belt, and a school t-shirt. We teach students to be both responsible and respectful towards the dojo and everyone who learns and trains here.

**Michael:** What are the benefits to learning the martial arts?

**Mr. Lawrence:** Martial arts is great for kids, we teach techniques for a strong body, a sharp mind, and an undefeatable spirit.

We hope to see you at American Self-Defense Concepts soon! It is located in the new Hillsboro Health and Fitness gym (166 W Main St, Hillsborough, NH 03244) and the phone number is (603) 420-1223 if you have any questions!

