

About Our School

The Martial Arts Legacy

The Martial Arts have been practiced in one form or another for thousands of years. Originally designed to teach hand-to-hand and weapons combat skills, the Martial Arts have evolved into a journey of self-discovery, personal excellence and growth. The founding Masters of all the Martial Arts styles stressed that the Martial Arts were not about fighting, but about self-improvement.

We Offer Dynamic Martial Arts Training

Our training system has been developed to be the most advanced form of Martial Arts available today. We blend traditional Tae Kwon-Do with Muay Thai Kickboxing, Jiu-Jitsu, Modern Self-Defense, Weapons Training and more into a Dynamic Martial Arts System. Classes are high-energy and taught by professional instructors to give you the best training experience possible.

Our Instructors Make the Difference!

Each Black Belt Instructor within our schools has been handpicked and trained by Master Patterson. They not only represent some of the most skilled and dedicated martial artists in the world, but they are also world-class role models and mentors. As a student, you will benefit from the passion, energy and commitment that the Instructors bring to the Martial Arts.

We Teach the Black Belt Lifestyle

We believe that the Martial Arts is about more than just kicking and punching. It is about the growth and development of its practitioners. We teach and encourage all of our students to live a Black Belt lifestyle that promotes mental, physical and emotional health.

Pride Birthday Parties Are The Best!!!



Dynamic Birthday Parties Include...

A fun exciting martial arts class designed to teach your party guests the basics of the martial arts along with character development essentials!

Board breaking for all your party guests and each guest will receive a delicious goodie bag with a FREE MONTH of martial arts classes

Cut your cake with a REAL SAMURAI SWORD!

HASSEL FREE PARTY where our staff takes care of EVERYTHING! (Even your party invitations and RSVP calls)

Pizza, Drinks, Games, Cake And Much, Much More...

All parties must be booked at least one month in advance to insure your party date and reservation! See Master Patterson or any instructor for more details!



Black Belt Birthday Parties...



Pride Martial Arts Academy

*"Building a Safer Community,
One Family at a Time"*

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