

NEW STUDENTS WELCOME!



HAVE YOUR BIRTHDAY HERE!

Want to do something exciting and different for this birthday? Let Tiger's Claw Martial Arts custom design a Birthday Party just for you! Our parties are great fun for children of all skill levels. Call us for details and pricing.

COUPON OFFER

GOOD FOR 1 FREE TRIAL



GOOD FOR ALL CHILDREN & TEENS KARATE PROGRAMS! "TURN OFF THE ELECTRONICS. TURN ON THE MARTIAL ARTS! LET'S GET MOVING."

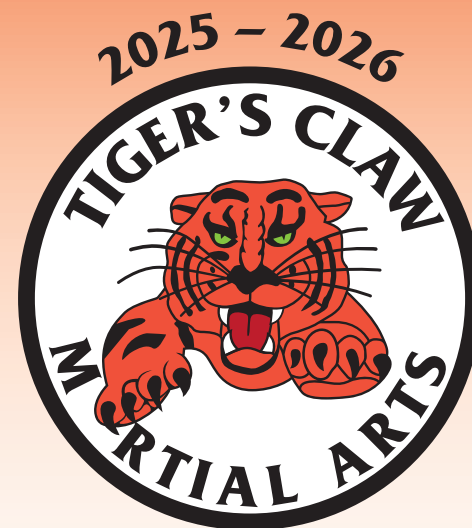
NEW MEMBERS ONLY

TIGER'S CLAW MARTIAL ARTS

Class Schedule 2025 - 2026

		LITTLE TIGERS	RYU DRAGONS	ELITE WARRIOR	JR & BLACK BELT/ TEEN
TUESDAY	5:30 - 6:15pm	4:35 - 5:20pm Under 10 6:30 - 7:15pm	4:35 - 5:20pm Under 10 6:30 - 7:15pm	4:35 - 5:20pm Under 10 6:30 - 7:15pm	6:30 - 7:15pm
WEDNESDAY	4:35 - 5:20pm	5:30 - 6:15pm 6:20 - 7:05pm	5:30 - 6:15pm 6:20 - 7:05pm	5:30 - 6:15pm 6:20 - 7:05pm	5:30 - 6:15pm
THURSDAY	4:00 - 4:45pm	5:00 - 5:45pm 6:00 - 6:45pm	5:00 - 5:45pm 6:00 - 6:45pm	5:00 - 5:45pm 6:00 - 6:45pm	7:00 - 7:45pm 13 & Up
SATURDAY	10:00 - 10:45am	11:00 - 11:45am	11:00 - 11:45am	11:00 - 11:45am 11:50 - 12:35pm Brown & Up	11:00 - 11:45am 11:50 - 12:35pm Brown & Up

KARATE



EST. 1973



TigersClawMartialArts.com

49B PROSPECT PLACE, REAR DOOR,
2ND FLOOR, HILLSDALE, NJ 07642

(201) 263-1983

ABOUT US

Tiger's Claw Martial Arts, Inc. has offered year-round instruction and training for children and adults in Karate and Self-Defense since the 1970s. TCMA is American owned and operated by husband and wife team Professor Ronald Allen Mertz (10th Degree Black Belt) and Master Maureen Mertz (7th Degree Black Belt). Master Caitlin Origoni (5th Degree Black Belt) has studied extensively under Professor Mertz for over 25 years and is one of TCMA's lead instructors.

Our school has received many awards over the years including the American Isshin-Ryu Dojo of the Year and Platinum Lifetime Achievement Award. Located in Hillsdale, NJ, TCMA has produced champions in life as well as in the Martial Arts.

PROFESSOR RONALD ALLEN MERTZ

is our award winning 10th Degree Black Belt/Senior Instructor. He has an excellent staff of proficient Black Belt instructors with years of training directly under his supervision. You can be assured that when training at Tiger's Claw Martial Arts you or your child will receive expert instruction.



**PROFESSOR
RONALD ALLEN MERTZ**
10th Degree Black Belt

OUR PROGRAMS

LITTLE TIGERS • AGES 3.5 - 6.5

In 1999 Master Maureen Mertz created this award-winning program and was honored with the Isshin-Ryu Founders Award in 2006 and the Isshin-Ryu Children's Instructor of the Year in 2005. The Little Tigers are introduced to the basics of our Isshin-Ryu Karate system while improving learning and motor skills. Classes are taught in a "Kid Friendly, Innovative and Creative Way." Attendance is once OR twice a week for 45 minutes. Rank advancement occurs approximately every 12 weeks; Testing fees are \$16.

RYU DRAGONS • AGES 6.5 - 9

Children will get a great introduction to the Martial Arts. Students attend class for 45 minutes once weekly. Students are introduced to kata, sparring, weapons training, self-defense and breaking. Mandatory sparring gear required for this program. Testing fees are \$40.00 for all Kyu Ranks and occur 2-3 times annually.

ELITE WARRIOR • AGES 6.5 & UP

Elite Warrior is our most popular program and is designed to teach dedicated students classical Isshin-Ryu Karate. Mandatory sparring gear required for this program.

ELITE WARRIOR • AGES 6.5 to 12: This program is geared to bring students to the Jr. Black Belt and Black Belt levels. Students attend classes for 45 minutes twice weekly. Testing fees are \$40.00 for all Lower Kyu Ranks and occur 2-3 times a year.

ELITE WARRIOR TEEN & UP • AGES 13+: Elite Warrior is designed to enhance self-defense through the classical study of Isshin-Ryu Karate. This program will gear students toward Black Belt ranking. Students attend classes twice weekly. Testing fees are \$40.00 for all Kyu Ranks and occur 2-3 times per year.



TIGER COMMANDO/SELF-DEFENSE • AGES 13 - ADULT

The Tiger Commando Fighting System is an American self-defense survival system. The roots are from Isshin-Ryu Karate, the self-defense is from elite police programs and the weapons defense training is from commando units stationed around the world. Founded by Grand Master Richard J. Mrofka. Professor Mertz studied directly with Grand Master Mrofka. Testing fees are \$40.00 for all Kyu Ranks and occur 2-3 times a year.

TIGERS CLAW MARTIAL ARTS

MONTHLY TUITION 2025-2026

YEARLY REGISTRATION FEE: ALL PROGRAMS \$35.00

UNIFORM: \$48.00 (uniform pricing subject to change)

LITTLE TIGERS - 1x Week, 4 Classes: \$126/mo.

LITTLE TIGERS - 2x Week, 8 Classes: \$162/mo.

RYU DRAGONS- 1x Week, 4 Classes: \$126/mo.

ELITE WARRIOR - 2x Week, 8 Classes: \$162/mo.

JR/BLACK BELT CLUB - PRIVATE: (Inquire for pricing options)