

FOR IMMEDIATE RELEASE



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The Twin Tiers Martial Arts Championship Returns.

Elmira, NY – May 24, 2023 - The 2023 Twin Tiers Martial Arts Championship will be held at 'The L' Event Center in Horseheads on Saturday, June 10, 2023. TTMAC is sponsored by Just in Time Roofing and Seamless Gutters.

The tournament is promoted and produced by Senseis Shawnie and Tom Brown at American Family Karate & Jujitsu, which has been serving the Elmira community for the past 16 years. Sensei Shawnie Brown is a two-time inductee to the United States Martial Arts Hall of Fame and holds the rank of 6th-degree black belt in Soryu Karate. Sensei Brown has been nationally and internationally ranked in competition and has been participating in tournaments for over 30 years.

The Twin Tiers Martial Arts Championship (TTMAC) is the premier martial arts competition in the Twin Tiers of New York and the Northern Tier of Pennsylvania. The tournament attracts regional, national, and international competitors (and spectators) of all ages and all levels to come together and present their martial arts skills in healthy and fair competition.

This tournament is open to all martial arts schools and all styles. The last tournament was a great success. They had 150+ competitors from multiple states with 500+ spectators and this year they are hoping for more. They have added additional divisions sanctioned by the American Sport Jujitsu League (ASJL) and the tournament is now a qualifying event for the ASJL International Championships in October 2023.

This tournament is open to the public and spectators are encouraged to attend this dynamic event and see live martial arts in action. There is plenty of free and convenient parking, a Cafe on site that will be serving food, and seating for spectators.

Martial Arts develops and strengthens mind, body, character, and spirit while promoting healthy lifestyles and behaviors for the adult and youth students. The Martial Arts area a fun way for people, young and old, to achieve self-confidence, fitness, and focus. Whatever style they train in, they offer a platform for demonstrating their skills and accomplishments in a safe and competitive environment.

More information and registration can be found online at:

TwinTiersMartialArtsChampionship.com

About American Family Karate & Jujitsu

At American Family Karate & Jujitsu we empower students to achieve their fullest personal potential by engaging in traditional, reality-based, martial arts training that instills the character tenets for our AFK Students: Respect, Integrity, Self-Control, Confident, Leadership, Perseverance, Courtesy, and Indomitable Spirit.

Our goal is to build outstanding citizens who can also protect themselves. We encourage our students to be life-long learners.

Our martial arts curriculum places a strong emphasis on: self-defense, standup & ground fighting, cardiovascular fitness & strength training, as well as leadership development.

Whether your goal is fitness, self-defense, tournament competition or confidence, Martial Arts can fill your needs. No other activity can give you the complete physical and mental training that Martial Arts teaches. You are never too old to start!

We are committed to providing uplifting martial arts instruction to families and individuals who want a challenge and a change.

We provide the ultimate family activity!

Our motto is: "Earned Not Given!" and our students are hardworking martial artists.

Learn more at: AmericanFamilyKarate.com