

Discovery's Summer Martial Arts Program By Kicks Karate

**BASIC TECHNIQUES • FLEXIBILITY • CONFIDENCE
STRENGTH IN BODY & MIND • FOCUS • SELF CONTROL**

Study Karate through exciting activities incorporating styles such as American Karate, Kickboxing, and Asian Martial Arts. Learn Self-Defense skills in a safe fun kid-friendly atmosphere.

Students will train *kicking, punching, blocking* on pads, mitts & dummies throughout the interactive classes.

Focus on developing coordination, control and balance as well as gaining confidence, attention span, and respect for others in a positive, fun environment.

Special motivational tools crafted towards children will be utilized. Have a blast learning skills and balance while *sword fighting* (foam), and *pugil stick* (long stick with giant pillows) fighting.

Work your way towards *breaking wood* with a single strike!

Enjoy our unforgettable summer class for kids of all ages.

Classes are taught by the energetic & enthusiastic Black belt instructor Sensei Bill Jones.

