

## FEE SCHEDULE

Monthly tuition \$50.00

Unlimited classes.

Free uniform & white belt included in 1st month's paid tuition.

Sparring Gear (required for some Friday night sparring drills) \$100.00

Black Gi (purple belt and above)

Youth \$20.00

Adult \$40.00

We NEVER charge registration

or

belt testing fees!!

Other martial arts equipment available through Adirondack Kenpo Karate.

Belt Racks

Martial Arts Shoes

Weapons (Bo, Tonfa, Sai, Kama)

Training Equipment

See Sempai Karen for details on all products offered.

## 6 Reasons *Every* Adult Should Be Enrolled in Karate

**Lose Weight:** You can expect major changes in your physique with our classes. You'll burn calories, build muscle, and get your metabolism kicked into high gear. Additionally, you'll reshape your body. Your arms, legs, and waistline are going to be more toned.

**Improved Health:** Our classes will improve your cardiovascular health. Your resting heart rate will come down and your ability to maintain an increased heart rate will increase. You'll breathe better, sleep better, and even feel an increase in energy and effectiveness all day long.

**Positive Attitudes:** Our programs are designed to be positive and inspirational. We'll keep you motivated and thinking about progress and goals. Our staff and students are all success oriented and focused on looking for the good in all situations. You can expect to go home from class with renewed vigor, enthusiasm and a zest for life.

**Self-Confidence:** It's true, adults who take Karate develop better confidence. No one is born confident, it is a learned habit. You'll be encouraged to take chances, to push yourself further than you ever thought possible. The success you experience through our program teaches you that you can be successful at anything if you believe you can. Improved confidence leads to better performance at work, a better circle of friends, better performance in sports and in extracurricular activities in general. Your improved self-confidence will help you deal with all of life's challenges with a positive outlook.

**Self-Defense:** Karate teaches two forms of self-defense. One is physical – you will improve your strength, flexibility, and overall health. Additionally, you will learn to strike with tremendous power and effectiveness. Hopefully, you will never need to fight. But should the occasion arise, shouldn't everyone know how to protect themselves? The second form of self-defense Karate teaches is internal. Our students learn to spot danger, trust their instincts and avoid dangerous people and situations. Karate can help you avoid the need for a physical confrontation. This second form of self-defense is perhaps the most valuable of the two.

**Longevity:** Through your Karate Kata (forms) training you will see that your memory will improve, your mental clarity becomes sharper and your body's pliability will increase as you become more limber through the motions of the moves you will perform.

# ADIRONDACK KENPO KARATE

Martial arts  
instruction for  
children & adults



The Adirondack Sports Complex  
326 Sherman Avenue  
Queensbury, New York 12804  
(518) 743-1086 Fax (518) 743-1247

## LITTLE DRAGONS (AGES 4-6)

A special curriculum for our youngest students ensures success! Kenpo is taught with fun activities suited for this age group! Our

preschool students gain flexibility, balance, & strength. Focus, listening & respect are stressed to develop basic learning skills in our martial arts stars of tomorrow! (Classes forming soon, see Sempai Karen for details.)

## KOBUDO WEAPONS TOURNAMENT SPARRING

Take your martial arts training to the next level learning weapons kata & tournament sparring techniques. Kenpo Karate students will learn how simple farm tools were used in a defensive manner. Students will be able to put their martial arts skills & training to the test in controlled sparring drills and matches. Classes alternate week to week.

**Fridays**

**Youth: 6pm - 7pm**

**Adult: 7pm - 8:30pm**

**(Dome Exercise Room)**

**(Purchase of sparring gear required for participation in some sparring drills)**



## YOUTH KENPO (AGES 7-12)

You CAN give your child a head start in life. Arm them with self esteem, leadership skills, & CONFIDENCE! The basic skills of goal setting, motivation, & persistence are ESSENTIAL for success in today's fast paced world & a KEY COMPONENT of our Kenpo Karate program.



See your child:

\* with the confidence to raise a hand in school

\* have a positive attitude and

persistence to succeed through setting reasonable, attainable, yet challenging goals

\* develop physically with increased stamina and strength

Through exploration of the Kenpo Karate system, our students learn to maintain a HEALTHY LIFESTYLE and a healthy outlook on life. We are proud to help parents develop children who value honesty, courtesy, respect for authority, and the ability to say 'no' to unhealthy peer pressure.

**All ranks:**

**Tues & Thurs 6pm - 7pm**

## ADULT KENPO (AGES 13 & OVER)

Tired of the same old gym routine? If you are looking for a great way to stay in shape without getting bored we have the answer!

Martial arts as the perfect way to increase fitness, flexibility and stamina. In fact martial arts is the world's best all round workout because not only does it give your body an awesome work out but it sharpens your mind as well! We realize each student possesses different physical abilities, size and strength. Our program will enhance your personal physical capabilities and maximize your self-defense skills. Best of all you will have lots of fun and meet new friends while you learn and work out!

Our program will get you in shape & develop strong self-defense skills. Martial Arts provides mental as well as physical exercise, giving you a challenging work out. Our staff will motivate you and keep you on track toward your fitness goals.

**All ranks:**

**Tues & Thurs 7pm - 8pm**

**(Dome multipurpose room)**

