

## **Get Fit and Learn Self Defense with Karate Classes**

Kids karate classes are a great way for children to get fit and healthy. Martial arts training offers plenty of cardiovascular exercise and can improve flexibility and overall body conditioning. Qualified kids and karate instructors will give children the tools they need to avoid potentially violent situations or resolve them in a nonviolent way. While learning karate, self defense techniques are also taught, which gives them confidence in knowing that if a violent situation can't be avoided, they'll be able to effectively defend themselves.

Get Your Kids to Dukes' Martial Arts Academy offering karate for kids that upholds high standards so you know your child is receiving the best martial arts education.



### **Intermediate Karate classes**



This class is where the student will spend the next few years. Here is where you develop techniques, speed, mechanics, combinations, and balance amongst other things. There will be a lot of bag work, partner drills, sparring, and conditioning to build the foundation of a proper practitioner. The intensity and discipline is a set up from the beginner's class. You will begin to learn the proper fighting and self

defense techniques, exercise forms; This Karate class is for green belt, blue belt, purple belt students.

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## **Advanced Karate class**



The advanced class is another step forward in intensity and discipline. You will continue to work drills, spar, hit bags and pads, build speed and power, as well as study more advanced principles. Technique and control are emphasized here. This Karate class is for brown and black belt students unless written otherwise on the schedule.

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## **All-Ranks class**



All-ranks class is exactly what it sounds like; every rank from white to black belt is welcome to attend. Intensity will vary depending on the instructor. The benefit of this class is for students of different ranks to train together. Every student, regardless of rank, can teach other students through interaction. Everyone has something to offer and this class is a great cauldron of experience from the entire student body. This class tends to have different drills than the regular Karate classes and tend

to be more fun and interactive. Often times, junior students will get an opportunity to work more advanced material.

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## **Kids Karate Classes**



The Dukes Martial Arts Youth Program incorporates Shorin-Ryu into a junior-level learning curriculum. This class helps to develop well-rounded character while increasing mental concentration, presence and focus. The philosophy is to teach the child to be goal oriented, self motivated and disciplined within a supportive and fun atmosphere.

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## **Cardio and Conditioning**



The conditioning class, taught to beginning, intermediate, and advanced students, develops strength, speed, coordination, and cardiovascular health. It also allows students to execute the motions and techniques to their greatest abilities.

## **Sparring Class**



A hands-on class for beginning, intermediate and advanced students. In sparring, students test their techniques at true speed against opponents. Full protective gear is required to attend this class.

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## **Iron Body Conditioning**



This Karate Class is for intermediate and advanced students. Iron body conditioning hardens and prepares the entire body, allowing students to execute or receive an otherwise devastating blow with little or no effect or injury to the body.

## **Private Sessions**



Private sessions are available to any student who has a desire for deeper understanding and one-on-one work with an instructor.

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## **Self-defense class**



This is a great class for beginners and women. The idea is to extract all the basic techniques out of the curriculum so a student can learn to defend themselves immediately. All the techniques taught in this self defense class will be learned by students in the beginner and intermediate classes, but instead of learning them over years it will take several classes. You will learn to use balance, leverage and your opponent's vulnerabilities to your advantage! Every student should take these self defense classes to understand the basics and application of simple and effective techniques! There are no prerequisite classes needed to attend and there are no rank requirements.