

Our Adult Kempo program is designed for you to excel at your own level, teaching smart fitness and serious self defense. Instructors base class lessons on their traditional roots background, while teaching practical life skills. You'll be motivated to be the best you can be with the highest level of martial arts instruction.

**This Program Focuses On:**

- Balance, Coordination, and Reflexes
- Strength and Flexibility
- Self Defense and Awareness
- Personal Growth and Achievement
- Stress Release
- Muscle Tone and Weight Loss

**Optional Classes to Complement This Training:**

- Sparring
- Grappling
- Self Defense
- Tai Chi
- Weapons Programs

