



PEACEFUL WARRIOR KENPO KARATE

Kenpo Karate is the self-defensed based martial arts which utilized the economy of motion. Kenpo does not promote violence but offers an explosive action with minimum exposure to your opponent. American Kenpo will instill confidence and build leadership skills for men, women and children.

To be a part of this martial arts class you will need to wear relaxed fitness apparel and a desire to learn. Due to the contact nature of the activity protective equipment may be desired but not required. While shoes may be worn most students will train in bare feet. As you progress in the class a uniform will be required once reach your Yellow Belt status.



CLASS TIME AND DAYS:

Kids Classes (Ages: 5-14 years): 6:00pm - 6:45pm
Adult Classes (15 years and up): 7:00pm - 8:00pm

Tuesdays and Thursdays

FEE: \$45.00 per month

Our instructor is Troup County Deputy Marshal Steve Sayer

Contact Sensi Sayer for more information: 770/584-9011

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