

Karate-Kids



Our program promotes:

- a sense of independence
- sharing
- turn taking
- socialization
- following directions
- problem solving
- goal setting
- self-esteem
- physical strength
- coordination and stamina
- fundamental motor skills
- increased awareness of body in space
- speech and language
- love for learning
- responsibility
- self-control
- respectful behaviors

WHAT IS KARATE-KIDS?

Our Karate Kids curriculum was developed as an introductory program. It was designed for children with none or minimal karate experience. We teach the basics of martial arts such as Attention Stances, punches, kicks and blocks in a fun but structured environment. We use drills and games designed to promote participation and encourage interaction. Our program is also much more than martial arts, as it focuses on development of the whole child.

Register Today!!

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Powered by:

