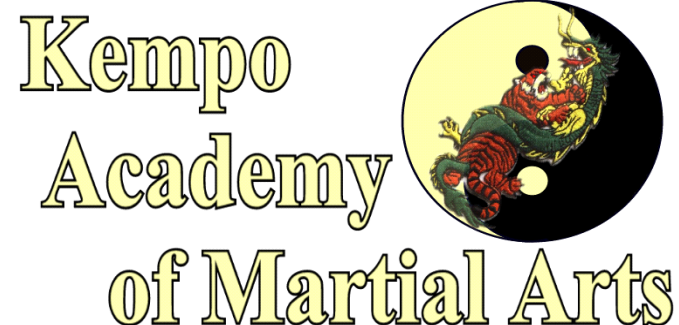


Fall Session

2016

Sept. 6th - Dec.22nd



537 Post Rd
Darien, CT. 06820
Phone: (203) 309 - 5045
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What is Kempo Karate?

Kempo is a comprehensive and diversified means of unarmed self-defense that blends the fluidity of Chinese martial arts movement with the linearity of traditional Japanese martial arts. A unique martial art founded by the monks of the Shaolin Temple, its modern form is practical, street smart, and effective for all ages.

Kempo is also much more than self defense. "Mastering others requires force, mastering the self requires enlightenment." It is in this light that Kempo allows its practitioners to elevate from a simple form of self defense to a higher level of ability and enlightenment.

Many adults and children find that Kempo provides stress relief, physical health, self-defense, centering, and an overall building of one psychological persona and betterment. In short, Kempo is more than a means of effective self defense and terrific body conditioning, it guides the practitioner to their inner balance and deepens our understanding of the universe around us. I hope you stop by and visit with us soon.

Respectfully,

Master Craigue



Building Character in today's youth

How do our children today learn the respect, self-confidence, and self-control they need to succeed in life? Through strong supportive environments! At Kempo Academy we believe it takes three of these environments to build strong character in our children. The first of these environments is home, the second is school, and the third is in extra curricular activities that positively support the previous two. That is where we come in. Through a focus on respect for others, self-discipline, and self-control, we help our students grow while also learning healthy lifestyle habits and effective self-defense through conflict avoidance. Our unique approach creates a positive learning environment that is also fun and rewarding. We encourage you to stop by, watch a class, and speak with some of our parents. We are confident you will find a positive community full of genuine desire to see each student grow and succeed.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness and Nutrition Programming Times by appointment only	Fitness and Nutrition Programming Times by appointment only	8:30-9:00 Adult Semi-Private	Fitness and Nutrition Programming Times by appointment only	8:30-9:00 Adult Semi-Private	
					10:30 - 11:00 Tiny Tigers/Little Dragons All
3:30-4:00 Little Dragons Beginner / Intermediate					11:00-11:30 Semi-Private Lesson / Adult
4:00-4:45 Preteens Beginner / Intermediate		4:30-5:00 Little Dragons Beginner / Intermediate		4:00-4:30 Little Dragons Beginner / Intermediate	11:30-12:00 Little Dragons All
4:45-5:30 Preteens Advanced (Green Belt and Up)	5:00-5:30 Little Dragons All	5:00-5:30 Semi-Private Lesson	5:00-5:30 Little Dragons Advanced (Green Belt and Up)	4:30-5:15 Preteens Beginner / Intermediate	12:00-12:30 Sparring
5:30 - 6:00 Semi-Private Lesson	5:30-6:15 Preteens All	5:30-6:15 Preteens Beginner / Intermediate	5:30-6:15 Preteens All	5:15 - 5:45 Semi-Private Lesson	12:30 - 1:15 Preteens All
	6:15-7:00 Jr. Adult	6:15-7:00 Black Belt Training	6:15-7:00 Jr. Adult		1:15-1:45 Semi-Private Lesson
	7:00-7:45 Adult/Black Belt Training	5:00 -7:00 Belt Rank Testing 1 Time per month	7:00-7:45 Adult		2:30-4:00 Birthday Parties!

Tiny Tigers: Ages 3-4
Little Dragons: Ages 4-6
Pre-teens: Ages 7-10
Junior Adults: Ages 11-15
Adults: Ages 16 and up

Fitness and Nutrition Programming

We now offer a personalized blue print for strength training, nutrition, and even sport-specific performance! Programs include a weekly check-in to track your progress.

Kung Fu Lessons

These programs teach students some of the most ancient hand and weapon forms from the Shaolin Temple. A closely held art for the dedicated few!

Birthday Parties

The most excitement and fun your child can have on their birthday! Complete with Karate, games, piñata, candy, and of course crowd control!

Parents Night Out

Looking to provide your child with more fun than the average babysitter while you enjoy a few hours to yourself? Our Parents Night offers a variety of fun themes including Pokémon, Star Wars, Minecraft and Super Smash!

Jedi Training Camp

Maximum fun. Maximum Star Wars. Our Jedi camps include our special Jedi Dodgeball, building your own lightsaber, pizza day, crazy hair day, and of course your Jedi Trails!