

Description of Classes:

Little Dragon's is a class designed for younger students between the ages of 4 and 6 years old. This class will get students use to the classroom setting, helping them develop their focus and understanding the teacher student dynamic. The program will start with balance and coordination drills as the students start their martial arts journey.

Our kid's program is very similar to our adult program. In fact all of our children's ranks are equal to their adult counter parts, with only two exceptions. First the more advanced techniques such as chokes and joint locks are not taught to children, due to the advanced nature and danger of these techniques. Second up until the rank of Green Belt the younger students have the opportunity to test for hollow ranks, because of how much information there is between ranks. These ranks are tested for at the half way point between ranks. That way students can mark and see the progress they are making through the ranks.

Our adult/family program offers our students a complete martial arts program that focusses on Self Defense. We also focus on the traditional aspects of martial arts training, respect, focus, determination, keeping the traditional aspects of our art form relevant to today's environment. That is why we like to say we teach traditional karate with a modern twist.

Our competition team training is second to none. Our team trains very hard for competition, and it shows in our results. Student for student we hold our own against the larger schools, bringing home just as many medals as the big schools over the last five years we have, won 215 medals on the state level, 17 State Titles, 12 National Titles, and a Silver and Bronze medal finish at the Junior Olympics. Each year averaging a team of seven members. The competition team is a separate program from our regular Karate program. To be a member of the team there is a separate fee involved to cover expenses.