

MONCREAFF'S AMERICAN KENPO KARATE ACADEMY

485 Great Road (Rt. 2A/119) Acton, MA 01720

www.moncreaffkenpo.com

978-264-2904



**Schedule Effective
September 15, 2011 to December 31, 2011**

Little Dragon's Children Ages 4-6	Tuesday and Thursday 4:00-4:45 PM Wednesday and Friday 5:15-6:00 PM Saturday 10:00-10:45 AM
Kenpo Kids Basic Training Children Ages 7-12	Tuesday and Thursday 4:00-4:45 PM Wednesday and Friday 5:15-6:00 PM Saturday 10:00-10:45 AM
Kenpo Kids Intermediate Training Children Ages 7-12	Wednesday and Friday 4:00-4:55 PM Tuesday and Thursday 5:00-5:55 PM Saturday 11:00 AM-11:55 AM
Kenpo Kids Advanced Training Ages 8 and Up	Wednesday and Friday 4:00-5:00 PM Tuesday and Thursday 5:00-6:00 PM Saturday 11:00 AM-12:00 PM
Kenpo for Teens/Adults Ages 15 and Up	Tuesday and Thursday 7:05-8:00 PM Wednesday and Friday 6:15-8:00 PM (double length class) Saturday 1:05-2:00 PM
MMA Teens/Adults Ages 15 & Up	Tuesday and Thursday 8:05-9:00 PM
Chanbara Kids (Ages 8-14)	Tuesday and Thursday 6:10-7:00 PM, Saturday 12:10-1:00 PM
NinjaBody Total Body Fitness Class	Tuesday and Thursday 6:10-7:00 PM, Saturday 12:10-1:00 PM

We have an awesome After School Program 5 Days a week. Please ask for more information.

For Special Events and Holiday and Weather related cancellations please visit our website:
www.moncreaffkenpo.com

You can also find us on [Facebook](#) and [Twitter](#).

LEADING THE WAY ON THE PATH TO EXCELLENCE

MEMBERSHIP PRICING AND INFORMATION

Little Dragons

- \$104.00 per month.

KENPO and/or CHANBARA:

- \$125.00 per month. Unlimited Kenpo and Chanbara!

**Try any of our
programs for
1 week for FREE!**

LITTLE DRAGON, KENPO and/or CHANBARA Family Discounts:

- Pay full tuition for 2 students (\$250.00 per month) and the rest of the family comes for FREE!

NinjaBody Total Body Fitness Class Tuesdays & Thursdays 6:15-7:00 PM,

Saturdays 12:15-1:00 PM

- 2 month session unlimited classes: \$149.00

Kenpo Private Lessons:

- \$100 per hour for up to 4 students enrolled at the Academy. Fee is double for guest students. (Students not enrolled at the Academy) Check with Mr. M. for availability.

NO BELT TESTING FEES EVER

At Moncreaff's American Kenpo Karate Academy You Earn Your Belt. You Don't Buy It!
(Warning: At other martial arts schools belt test fees can cost hundreds of dollars per year.)

ADDITIONAL SCHEDULE AND TUITION INFORMATION

- For your convenience you may attend classes on whichever days of the week you wish.
- Schedule and Rates effective June 1, 2011 through December 31, 2011.
- The Academy will be closed for approximately one week each winter and summer and all tuition prices have been calculated accordingly.
- Missed Kenpo classes can be made up with *FREE* Private Lessons. See your Instructor for details.



MONCREAFF'S AMERICAN KENPO KARATE ACADEMY

485 Great Road (Rt. 2A/119) Acton, MA 01720

www.moncreaffkenpo.com

978-264-2904



Children's Programs

Descriptions

Little Dragons – Ages 4-6

Our class for students ages 4-6. This program offers your child the opportunity to learn martial arts in a fun, safe, and friendly environment. Stories, games, obstacle courses and a variety of teaching methods are used. The children improve muscle tone, flexibility, and coordination while also learning important life skills. In every class the children have a great time and learn something new! Students graduate from this program when they turn seven or when they earn the Yellow belt, whichever comes first.

- 50% Fitness
- 35% Life Principles
- 15% Kenpo Principles

Kenpo Kids Basic Training – Ages 7-12

These classes are high energy and fun! Students begin working on earning the Yellow belt and graduate when they have achieved advanced Yellow belt status. Classes are the perfect balance of fitness, life principles and Kenpo principles. Children increase confidence, awareness, and self-discipline, while also improving muscle tone, flexibility, balance and coordination.

- 35% Fitness
- 35% Life Principles
- 30% Kenpo Principles

Kenpo Kids Intermediate Training - Ages 7-12

Students who have graduated "Kenpo Kids Basic Training" attend these classes. They are Advanced Yellow belts and will continue their progress towards Orange belt in these classes. At this stage in their training more time begins to be spent on Kenpo principles. The improved fitness developed in Basic Training allows students at this level to learn at a more accelerated rate, making for exciting classes with more challenging and dynamic lessons!

- 30% Fitness
- 30% Life Principles
- 40% Kenpo Principles

Kenpo Kids Advanced Training - Ages 8-14

Our most advanced children's class. Students who have graduated "Kenpo Kids Intermediate Training" through earning the Orange belt attend this class. In this class students get to learn and do the things they only dreamed about when they started their training. Weapons training, spinning, jumping and flying kicks, advanced rolling and falling, advanced freestyling and countless other "cool" moves are all part of the curriculum. This class keeps students challenged and excited about their Kenpo training. Parents are frequently amazed at the skills children develop in this program. Students graduate this class when they turn age 13 or earn the Brown belt whichever comes first.

- 30% Fitness
- 20% Life Principles
- 50% Kenpo Principles

Chanbara Kids – Ages 8 and Up

A mix of ancient and modern weapon techniques are taught and practiced in this incredibly fun and exciting class. Soft, flexible, padded weapons and body armor are used to allow for lots of fun and safe sparring. Students develop amazing coordination and timing in this class while getting a great workout! This class is pure Excitement!

- 70% Fitness
- 15% Life Principles
- 15% Kenpo Principles

MONCREAFF'S AMERICAN KENPO KARATE ACADEMY

485 Great Road (Rt. 2A/119) Acton, MA 01720

www.moncreaffkenpo.com

978-264-2904



Teen/Adult Programs

Descriptions

Teen and Adult Ages 15 and Up - Basic Training

Training begins here for teens and adults. A strong focus on fitness gets students ready for more advanced training. Classes feature lots of target practice and bag work along with basic self-defense techniques and Kenpo ground fighting principles. Classes are fun and high energy and students will be amazed at how quickly they will develop new skills! Bring a water bottle!

- 40% Fitness
- 20% Life Principles
- 40% Kenpo Principles

Teen and Adult Ages 15 and Up - Advanced Training

Students who have graduated "Teen and Adult Basic Training" through earning the Orange Belt attend these classes. Here they will build upon their existing skills while adding many new areas of knowledge to their art including additional weapons training, ground fighting, multiple opponents, sophisticated striking, kicking, and locking, advanced timing, sweeps, throws, nerve points and more! This class has it all! Students will be amazed at just how vast the Art of Modern Kenpo is and will enjoy progressing towards their own chosen area of specialization.

- 30% Fitness
- 15% Life Principles
- 55% Kenpo Principles

Teen and Adult MMA (Mixed Martial Arts)

These classes include a variety of challenging and creative competitive freestyle events. Everything from ground fighting, grappling and sumo to sparring and pushing hands. It's great fun and a great workout every time!

- 45% Fitness
- 10% Life Principles
- 45% Kenpo Principles

Chanbara Teens and Adults

A mix of ancient and modern weapon techniques are taught and practiced in this incredibly fun and exciting class. Soft, flexible, padded weapons and body armor are used to allow for lots of fun and safe sparring. The great safety equipment allows the sparring to be full contact forcing students to be aware of their whole body at all times. As a result students develop amazing coordination and timing in this class while getting a great workout! This class is pure FUN! Chanbara classes are now included as part of our Teen/Adult Kenpo program.

- 70% Fitness
- 15% Life Principles
- 15% Kenpo Principles

NinjaBody Total Body Fitness for Teens and Adults Ages 15 and Up

This boot camp style class boasts the highest fitness content of all of our programs! NinjaBody classes include military style exercises, core training, pad and bag hitting combative moves, martial arts flexibility and strength building. You learn while you burn at 800 calories per hour (according to Muscle and Fitness magazine who rated it the #1 calorie burning workout)! If you're tired of running on the treadmill to nowhere, maybe it's time you tried a workout that's an uppercut above the rest NinjaBody. You'll have fun, release stress, and have a great workout! What more could you ask for!

- 75% Fitness
- 10% Life Principles
- 15% Kenpo Principles