





Our programs are designed to meet your short term or long term fitness needs. We offer top quality instruction in a friendly family atmosphere. We have been in business in the St. Croix Valley since 1987. We are family owned & run, by Jack Hunt 5th degree black belt, who has over 30 years experience in karate .


Here's a brief overview of the martial arts techniques introduced at each belt level...

 **to** Classical Karate: Form 1: This type of training places emphasis on proper stances, strikes and blocks. Form is a series of classical moves and is an excellent mental exercise requiring spatial logic and memory. Self Defense Drills: Learn to develop self defense skills timing and reactions. New kicking technique: Students will see improved balance, and coordination with their kicks.

 **to** Combinations: A student learns to execute kicks and punches in fluid succession. New kicking technique: The student has increased ability to balance at this level and begins to learn turn kicks. New Self Defense Drills are taught. Sparring: Green belt students may begin to spar, after purchasing protective equipment. Control, light contact and blocking are emphasized.

 **to** Classical Karate: Form 2: Students will learn a more advanced form. Kicking techniques: emphasis on control, power and speed. Spinning and jumping is introduced in kicking. Advanced Self Defense Drills .

 **to** Combinations: New advance combinations are taught. Excellent training drill to increase endurance, speed, mechanics, and memory. New Advance Self Defense Drills: Emphasis on accuracy and control. Kicking Techniques: Students will work on power, control and speed. Jump & spin kicks are used more frequently.

 **to** Combinations: Students perform the combinations with increased speed and accuracy. New, advanced jump and spin kicks are taught. Sparring: Students are more self confident in their sparring ability. They are able to use sparring combinations with accuracy and control.

PRICES

Single Belt Memberships \$259 per belt level

Each belt level is 3 months of training or your belt whichever comes first. A student who attends class more frequently may test for the belt prior to the 3 month expiration date with approval by the instructor.

Red Belt Membership \$999. Fifteen month program five belt levels Gold to Red

Option 1: Pay full amount at registration and receive a 5% discount off the program price. **Option 2:** Two payments of \$499.50 . The first payment is due at registration and the second payment is due within 30 days.

Option 3: Monthly payment plan. \$249.00 Due at registration with 10 monthly installments of \$75.00 due on the 15th of each month.

Visa/Mastercard/Discover Card Accepted

Private Training: Thirty minute session \$35.00

All prices include unlimited karate classes plus a weekly kickboxing class and open studio workout. Students on any belt membership may use the studio anytime during open hours to practice and workout.

Family Member Discount !

First person pays full price each additional family member receives 10% off.

Exams are held on Friday's once a month. (On the third Friday of each month). There is a \$30 exam fee for each test.

**Private testing is also available*