

Programmes

Our Programs & Classes

Students and enthusiasts of Karate have many reasons for their interest in this and other martial art styles. Some are drawn to the physical fitness and weight-loss aspects of training. Others seek to add discipline and self control to their lives. While still others are concerned about safety and self-defense.

Whether you are interested in our programs for mental or physical well being, Kenwyn Martial Arts Centre offers a number of programs that will fit your developmental needs and your busy schedule as well.

Adult

Karate Adult Program is one to be admired. We understand that there are many adults that want to study Martial Arts for many different reasons. We understand that there are different skill and physical fitness levels. We have an approach that will help the people who haven't exercised as well as those who are very active. We know there are people that need balance, co-ordination and stamina as well as those who already possess these attributes. Our curriculum and approach was designed to fit all levels whether beginning or advanced.

At Kenwyn Martial Arts Centre, we believe that in order to really enjoy all that life has to offer, we need to have the balance of a strong mind, healthy heart and possess the skills that could be necessary to defend ourselves or our family.

Our program will help you stay in shape. You will gain flexibility through our stretching techniques which will decrease your chances of injury in sports and everyday life. You will build strength and tone you body with our dynamic, isometric, and repetitive exercises. You will gain confidence and self-esteem by improving your physical fitness, body composition, skill level and self-defense skills.

You will enjoy the workout as well as the friendships that come along with exercising and training with people that have similar goals. People that train together and support one another end up building friendships that last a lifetime. What better way to spend you time than staying fit, developing a skill that could save you or one of your families lives and meeting people with the same interests and goals.

Tae BoTae Bo, has been sweeping South Africa as one of the best ways to keep in shape, burn calories, have fun and learn a skill that could possibly help you out in a real life situation. Bruning Fat, toning those muscles in the Hips, Butt and Thigh areas, Firming up those Abs and having a blast at the same time is what Tae Bo can do for you. Tae Bo encompasses an aerobic workout with the punches of a boxer and kicks of a karate expert. The aerobic exercise is a combination of Martial Arts, Boxing skills and incorporates a high intensity workout that burns many calories.

There are basically three types of classes that are offered. Those with equipment like heavy bags, kicking shields, hand target pads, those without any equipment and those with a combination of the two. Participants don't wear a traditional Martial Arts Uniform like those of the karate studio. Instead they wear aerobic outfits, loose-fitting workout clothes, and, for bagwork, hand-wraps and light gloves. Unlike conventional martial arts courses. Tae Bo is known by several names: Cardio Karate, Cardio Kickboxing, and Cardio Combat to list a few. Whatever the name may be, it's packing classes with new students across the nation.

Junior Karate Program Children's Program There are many concerns with how our children are growing up in today's world. The pressures on our youth today are very different from when we were growing up. Children don't only have to worry about getting good grades and behaving, they have the constant battle of avoiding drugs, gangs, violence, bullying, pier pressure and are under the constant threat of being abducted by an adult or another child.

The dangers our children face today are unbelievable. We don't want to be paranoid, but we do want them to be safe. The best way to accomplish this is to have a set plan both at home and away from home. At Kenwyn Martial Arts Centre, we realize that in order to give a child a head start in life, they must possess certain skills. Although the need for self defense both Mentally and Physically are important, we cannot ignore the Life Skills and Mental Benefits that we much teach our children.

Little DragonsThe Lil' Dragons program was designed specifically for children ages 4-6 years old. In the Lil' Dragons Program, your child will learn and grow in a process that accommodates their skills and abilities. They will train with other children in their age group, and will not be distracted by older classmates. Your child will feel comfortable and more capable of achieving excellence. They are at an age where the more special they feel, the harder they will try. We believe the time between the ages of 4 and 6 are the MOST IMPORTANT and CRITICAL years of a child's development. Our LIL' DRAGONS program will enhance POSITIVE DEVELOPMENT in a FUN, SAFE and MOTIVATING WAY.

This program's skill requirements are composed of not only PHYSICAL but MENTAL benefits GUARANTEED to make your child PHYSICALLY STRONGER and MENTALLY PREPARED. Our motto is... LIL" DRAGONS TODAY, LEADERS TOMORROW! The Lil Dragons Program is structured on a rotational curriculum that teaches 8 very important skills. The 8 advanced skills selected for the Lil Dragons program were broken down into specific requirements that each student will tackle at every belt level. This means your child will be sharper, more focused, and better developed physically, mentally, emotionally, and socially than a child who does not participate in a program strategically designed like the Lil Dragons Program.

Here are the 8 advanced skills broken down in the Lil Dragons Program definition:

- Focus/Concentration- your child will learn how to focus all of their attention to the task at hand while committing themselves to learning and growing.
- Perseverance/Teamwork- your child will learn how to face challenges presented to them, knowing that the challenges will be difficult to complete. They will learn how to face challenges alone and with peers.
- Courage/ Balance- your child will learn how to overcome fear and nervousness through training that initially seems intimidating.
- Discipline/Intensity- your child will learn how to perform their martial arts skills with strong effort and attitude.
- Coordination/Speed- your child will learn the components of speed and how to control their balance, body posture, and technique.
- Fitness/Agility- your child will learn the mechanics that govern movement and how it plays a role when they are jumping, dodging, and moving about quickly.
- Control/Technique- your child will learn the fundamental components of good technique, which will make them great athletes.
- Memory- your child will enhance their memory through fun and educational drills. Complete education of these 8 skills will help your child be the best they possibly can be at their age of development. They will advance to the top of their age group while they learn and have fun. You and your child will not regret the adventure you are about to undertake.

3 to 6 year old

Family Class At Kenwyn Martial Arts Centre we have many families with 2, 3, 4 and even 5 members strong that are training at our studio. Some train together in the same class while others take separate classes during the week, and train together on the weekend. Family programs help develop a stronger unity and bond in a family by giving each member something to work on with the opportunity to help, share and participate with one another.

Swimming Classes

For beginners to advance Classes for age group 4 years to adult.

SUMMER TIME ONLY!

Please Contact Us if you have any questions about our programs or would like to know about other programs that may not be listed here.