

- * PRIVATE INSTRUCTION AVAILABLE BY APPOINTMENT AND INCLUDED FREE WITH ALL CHILDREN'S PROGRAMS
- * AFFORDABLE MONTHLY RATES WITH NO CONTRACTS. \$85 PER MONTH FOR MARTIAL ART PROGRAMS, \$35 PER MONTH FOR TMA PROGRAM, AND \$40 PER MONTH FOR NO-GI PROGRAM WITH NO REGISTRATION OR ENROLLMENT FEES
- * SPECIAL FAMILY RATES FOR THE MARTIAL ART PROGRAMS (\$50 FOR EACH ADDITIONAL FAMILY MEMBER)
- * OVER 900 SQUARE FEET OF ZEBRA GAPPLING MATS
- * INTERNATIONALLY CERTIFIED CURRICULUM
- * SCHOLASTIC RECOGNITION FOR STUDENTS

ONE FREE WEEK

WE ARE SO CONFIDENT OUR PROGRAMS WILL IMPROVE YOU OR YOUR CHILD THAT WE OFFER ONE FREE WEEK TO TRY ANY OF OUR MARTIAL ART PROGRAMS OR ONE FREE CLASS IN EACH PROGRAM.



PREMIER



KENPO KARATE

SINCE 1994



**1122 10TH ST.
SAINT CLOUD**

(LOCATED NEXT TO SAINT CLOUD TWIN THEATER)

407-891-7828

WWW.PREMIERKENPO.COM

MEMBER: AMERICAN KENPO KARATE INTERNATIONAL
VISIT US AT WWW.AKKI.COM

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RICH IN HISTORY AND RECOGNIZED WORLDWIDE

WHAT IS AMERICAN KENPO?

Kenpo Karate is a modern system of self-defense based on scientific concepts and principles. Kenpo, as practiced today, was developed by Edmund K. Parker in the early 50's to meet society's need for a modern self-defense system. Through the use of linear and circular motion and a thorough understanding of the physiology of combat, Ed Parker created one of the most effective and recognized self-defense systems in the world. PREMIER KENPO follows the curriculum of Paul Mills, Ed Parker Black Belt and founder of AMERICAN KENPO KARATE INTERNATIONAL.

WHAT IS TMA

Total Martial ATHLETICS is a unique body conditioning program combining functional strength training with self-defense training. Courses covered include Boxing, Kickboxing, Brazilian Jiu Jitsu, Muay Thai, Judo, Modern Weapons (club, knife), Locks and Controls, and Kenpo self-defense. The class begins with a comprehensive functional strength session leading into a skill development session, and finishing with a yoga based stretching session. This all designed to give the student a significant improvement in their fitness and flexibility.

WHAT IS BRAZILIAN JIU JITSU?

BJJ is a physically demanding program that is grappling/wrestling based. Our course is affiliated with Elite Mixed Martial Arts of Orlando, a Ricardo Dela Riva school as well as certified by the International Brazilian Jiu Jitsu Federation (IBJJF) of Brazil. This very challenging program teaches a student how to use leverage and position to win against an opponent regardless of their size. Our BJJ Instructor is Fred Ramie, a Brown Belt under Roberto Maia, Head Instructor for Boston BJJ Academy..

WHY STUDY AT PREMIER KENPO KARATE?

You must first ask yourself "What do I want in a martial art?" Do you want a black belt, to learn a new sport or exercise, to look "flashy" and be cool, or self-defense? If it is any of the first three, the nearest martial art school

will suffice. If you are looking for an effective, practical method of self-defense, then Kenpo is the answer. While not the quickest or easiest path to a black belt, no other system offers the depth of logic based knowledge that is encompassed in Kenpo. What Kenpo does have in common with other martial ARTS, are it's ethics, standards, principles, and use as a means to develop discipline, courage, and self control. Kenpo is not for everyone in that it requires dedication, motivation, and the desire to put forth the effort in learning this comprehensive system. The instructors at PREMIER KENPO KARATE show you the tools and guide you on your path to mastery, but it is up to the student to make the commitment to learn and unlock the doors of this dynamic art known as American Kenpo Karate.

WHO WE ARE:

PREMIER KENPO KARATE is Rick Brumby, 6th Degree Black Belt with OVER 30 years of martial arts experience and Tina Giordano, 2nd Degree Black Belt with 13 years of martial arts experience. Rick and Tina have been teaching American Kenpo for the last 14 years and have enjoyed every minute of it. They feel fortunate to be able to provide their services and knowledge to the community of Saint Cloud and look forward to making new acquaintances and friends. Come see what PREMIER KENPO can to do for yourself or your child.

CONVENIENT CLASS SCHEDULE:

Mon./Wed.	7:00-8:00	TMA
	8:00 -9:30	Brazilian Ju Jitsu
Tue./Thurs.	5:30-6:30	Little Dragons (6-8 years old)
	6:30-7:30	Juniors (9-12 years old)
	7:30-8:30	Adult Kenpo
Fri.	5:00-6:30	Open Mat
	6:30-7:00	TMA
Sat.	11:00-1:00	No-Gi Grappling