



Children's Program



Our classes are taught in a safe and friendly environment with your child in mind to bestow social, mental and life skills. We have top of the line equipment and Black Belt experienced instruction. We keep your child motivated with our stripe system and fun drills.

No Head Contact, No Cage Fighting

Safe Boxing, Grappling & Kickboxing

PRESCHOOL KICKERS – 3 ½ to 4 years old, 3 times per week. 45 minute classes are focused on basic martial arts teaching social, motor skills and agility skills in a playful and positive format.

KINDERGARTEN KICKERS – 5 to 7 years old, 3 times per week. 45 minute classes are focused on basic martial arts teaching social and motor skills and agility fitness in a fun and playful environment.

FIRST GRADE KICKERS – 8 to 9 yrs old, 3 times per week. 45 minute classes are focused on the martial, physical and social level and intermediate martial arts techniques.

SECOND GRADE KICKERS – 10 to 13 years old, 3 times per week
45 minute classes are focused on more martial and physical discipline and on developing their skills in their martial arts techniques.

BLACK BELT CLUB KICKERS – by invitation only. Some children from the Second Grade Kickers, who show special skills and discipline and who want to earn their Black Belt, will be invited to join. They will have their own class, their own Black Belt Club uniform and will be trained in more advanced techniques and towards becoming a teaching assistant.

