

MIKE CARR KARATE

2021 SUMMER CLASS SCHEDULE

BEGINNER/INTERMEDIATE KENPO KARATE CLASS (NO BELT - PURPLE BELT)

Classes will focus on learning beginner katas, blocks and techniques and sword-fighting skills. Everyone's safety is a top priority so grappling is optional.

AGES 6 - 13 - Choose Mondays or Tuesdays

MONDAYS 5:00pm - 5:45pm - JUNE 21ST - AUGUST 9th

TUESDAYS 4:30pm - 5:15pm - JUNE 22ND - AUGUST 10th

\$115

INTERMEDIATE/ADVANCED KENPO KARATE CLASS (BLUE BELT & UP)

Classes will continue learning more advanced katas, blocks and techniques and sword-fighting skills. Everyone's safety is a top priority so grappling is optional.

AGES 6 - 13 - Choose Mondays or Tuesdays

MONDAYS 6:15pm - 7:00pm - JUNE 21ST - AUGUST 9th

TUESDAYS 5:15pm - 6:00pm - JUNE 22ND - AUGUST 10th

\$115

LITTLE NINJA KENPO KARATE CLASS (ALL BELT RANKS)

Class will work on games to help improve focus and listening skills. They will learn importance of: Honor, Respect, Bravery and Health. Each student will begin to learn blocks and techniques and some sword-fighting skills. This class teaches students to work and be proud of all of their abilities.

AGES 3 - 5 - MONDAYS 5:45PM - 6:15PM - JUNE 21ST - AUGUST 9th

\$110

ADULT KENPO KARATE CLASS (ALL BELT RANKS)

Kenpo Karate teaches self-defense utilizing rules and principles.

These classes teach our adult students how to defend themselves against every form of attack from punches and kicks to grabs, holds and weapons.

Classes will focus on learning katas, blocks and techniques.

CLASS IS FOR AGES 14 - 75 - TUESDAYS 6:30PM - 7:00PM - JUNE 22ND - AUGUST 10th

\$115

MMA FIT CLASS

This class will cover cardio fitness, self-defense techniques, pad work and some grappling. Get Stronger, Leaner & Healthier this summer! The MMA Fit class is 25% Cardio, 25% Weight Training, 25% Cardio Kickboxing & 25% Ground Grappling which = 100% Sweat!

AGES 14 - 80 - TUESDAYS 7:00PM - 7:45pm - JUNE 21ST - AUGUST 9th

\$115

REGISTER ONLINE: WWW.MIKECARRKARATE.COM

MIKE CARR KARATE & NORTHERN ARTS 2021 SUMMER CLASS SCHEDULE

JR INSTRUCTOR SUMMER CAMP (RED BELT & UP)

Become a leader! This camp is for individuals who want to become a junior karate assistant and work their way up to an assistant instructor through the Mike Carr Karate Leadership Program! This camp will give you an introduction to skills needed to help teach others. Must currently be enrolled in the MCK program!

TUESDAYS 6:00PM - 6:30PM - JUNE 22ND - AUGUST 10th

\$110

LADIES KICKBOXING SUMMER CLASS

This class for ladies will focus on teaching you how to Punch, Kick, Knee, and Elbow. Kickboxing is a complete body workout with special emphasis on improving Cardio and Strength. Every class has a different focus so that it remains fun and interesting, you also leave every session feeling a little more confident from your new skills. See flyer for more details.

AGES 14 - 85 - MONDAYS 6:15pm - 7:00pm - JUNE 21ST - AUGUST 9th

\$110

LADIES SELF DEFENSE SUMMER CLASS

This class is to educate girls and women to defend themselves. We reach this goal by offering hands on education/training that teach women to be aware of their surroundings and how to think about what they would do if they are ever in a dangerous situation and they can be mentally prepared to know how to help defend themselves. See flyer for more details.

AGES 8 - 85 - MONDAYS 7:30PM - 8:15PM - JUNE 21st - AUGUST 9TH

\$110

RETRO CAMP - #1 CAMP FOR THE LAST 8 YEARS!

(LIMITED SPOTS PER CAMP FOR SOCIAL DISTANCING)

This fantastic camp empowers campers to develop independence, self-esteem and lifelong friendships. Face to face communication only! NO ELECTRONIC DEVICES ALLOWED! ALL DAY CAMP INCLUDE: On campus & Off campus activities such as swimming, movies, zoos, museums, archery & more! This is a learning camp with lots of fun all rolled into one! See flyer for more details.

AGES: 7 - 15

JUNE 28TH - JULY 2ND - 8:00AM - 4:00PM - \$275.00

JULY 19TH - JULY 23RD - 8:00AM - 4:00PM - \$275.00

AUGUST 1ST - AUGUST 6TH - 8:00AM - 4:00PM - \$275.00

THESE CAMPS FILL QUICKLY! REGISTER ONLINE TO HOLD YOUR SPOT!

\$285

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