

Our unique children's programs are designed to teach students far more than how to kick and punch. For nearly 35 years, our innovative methods of teaching have influenced thousands of kids to become achievers in life, as well as in the dojo. Our Program focuses on helping kids develop confident communication skills.

We integrated communication training into our martial arts classes so kids can learn how to express themselves clearly and confidently.



We teach a blend of Modern martial arts.
Tae Kwon Do (Korean karate)
Muay Thai Kickboxing (How kickboxing is practiced in Thailand)
Brazilian JiuJitsu (A cutting edge Martial Art developed by the Gracie Family of Brazil)

Mr Stevens has trained in all 3 styles in their country of origin. Please visit the website to see his complete resume.



HAVE YOUR BIRTHDAY PARTY HERE!!

Just bring your camera, sit back and enjoy... We do all the work!
Each 90 minute party includes an exciting martial arts lesson with lots of fun games and drills!



If you are not getting our monthly newsletter please email me at contactstevens@aol.com
It's important info like school events and weather closings.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		BASIC 4:00-4:30pm Basic Leadership 4:30-4:45pm			9:00-9:45am Kids Brazilian Jiu-Jitsu
BASIC 4:00-4:30pm Basic Leadership 4:30-4:45pm	BASIC 4:00-4:30pm Basic Leadership 4:30-4:45pm	Lil Dragons 4:45pm-5:15pm	BASIC 4:00-4:30pm Basic Leadership 4:30-4:45pm	BASIC 4:00-4:30pm Basic Leadership 4:30-4:45pm	BASIC 10:00-10:30am Basic Leadership 4:30-4:45pm
4:45-5:30pm Intermediate	4:45-5:30pm Intermediate Advanced	5:15-6:00pm Intermediate	4:45-5:30pm Intermediate Advanced	4:45-5:15pm Lil Dragons	10:45-11:30AM Intermediate
5:30-6:15pm Advanced	BASIC 5:30-6:00pm Basic Leadership 6:00-6:15pm	6:00-6:45pm Advanced	BASIC 5:30-6:00pm Basic Leadership 6:00-6:15pm	5:15- 6:00pm Intermediate	11:30-12:15pm Advanced
6:15-7:00pm Staff Training	6:15-7:00pm Intermediate Advanced	6:45 - 7:30PM Kids Brazilian Jiu-Jitsu	6:15-7:00pm Intermediate Advanced Adult Karate students	6:00-6:45pm Advanced	12:15-12:45 Little Dragons Brazilian JiuJitsu JIU-JITSU 7AM
	7:15-8:15pm Brazilian Jiu-Jitsu JIU-JITSU		7:15-8:15pm Brazilian Jiu-Jitsu JIU-JITSU	Life Skills Discipline, Communication, Belief, Honesty, Respect, Self-Esteem	

Lil Dragons ages 3.5 to 5yrs When they turn 5 they move to Basic class

Basic - ages 5 and up White, H white, Yellow Belts

Intermediate - Yellow-H Yellow-Orange, HOrange, Blue, HBlue

Advanced-HBlue, Green, HGreen, Red, HRed, Brown, H Brown, Black

Kids Brazilian Jiu-Jitsu is for ages 9yrs and up

Each month we study and explain the importance of these concepts and how we can add them to our daily lives.

