

Our Current Schedule

We now teach private lessons and one group class. **The base cost per group is affordable enough for anyone to train.** This is the only group currently teaching the standard Ed Parker's Kenpo curriculum, training in Pekiti Tirsia and authorized to teach IMUA Kenpo in Houston, Texas.

Group training sessions are held at Abhyasa Yoga on Monday & Wednesday from 7:30pm-8:30pm. Near the corner of Westheimer & Montrose. In the same building as Scott Gertner's Sky Bar on the 3rd floor.

Rates are \$15 per session and can also be applied toward Yoga classes that are held during the week.

Private session classes breakdown into Kenpo basics, Kenpo concepts & theory and application (techniques).

Character Taken into Account

Classes are fun and respectfully towards all participants. Inflated egos, overzealous want to learn how to hurt someone's and generally obnoxious participants aren't accepted as students.

During a regular Class

There is an emphasis on understanding the concepts and principles behind the system, all forms & sets are taught, freestyle (sparring & sparring theory) is also taught. The training curriculum follows the AKF standards and allows students to receive lineage and rank certificates from both the Platform and Mr. Brian Duffy (7th Dan). In addition to the standard curriculum various aspects of combat and development of warrior skills are explored. This includes focus mitt training, muay thai pad training, Kenpo Counter point drills, various escrima/ arnis stick (single/double baston) & knife drills (both Pekiti Tirsia & Sayoc Kali) and Kuntao/Silat principles as prescribed by IMUA Kenpo. IMUA classes are fully backed by the Grandmaster of the system. I encourage martial science exploration of my students and all egos are checked at the door, including mine. If you are looking for a training family contact us.

Do Yourself a Favor

Try this class. You can't go wrong...Sessions are \$15
It isn't a heavy sell, but an emphasis on effective self defense methods.

Contact information

Jason Bugg
jbugg@houstonkenpo.com
713-837-6287

American Kenpo Karate



Spring 2010

Mon & Wed
7:30pm-8:30pm
At
Abhyasa Yoga
3400 Montrose Ste. 303
Houston, Texas 77006

Why **Learn** Karate?

- Self Defense
- Self Esteem
- Self Confidence

What is Taught in the Classes?

- Coordination/Conditioning
- Principles of Self Defense
- Kenpo Karate
- Filipino Martial Arts

Protect yourself and your family from criminal elements

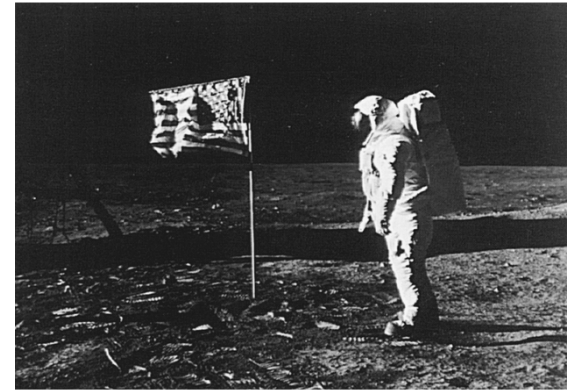


Participate in workouts that exercise both mind and body



Develop skills that will take you to the next level..

Create high expectations and **Achieve** personal goals



Connect with a network of training partners that span the globe...

