



What is Kempo?

Kempo is a comprehensive and diversified means of unarmed self-defense that blends the fluidity of Chinese martial arts movement with the linearity of traditional Japanese martial arts. A unique martial art founded by the Chinese Shaolin Temple, its modern form is practical, street smart, and effective for all ages.

A Shaolin Monk once put it this way... "Mastering others requires force, mastering the self requires enlightenment." It is in this light that Kempo allows its practitioners to elevate from a simple form of self defense to a higher level of ability and enlightenment.

Building Character

“Remember, success is a journey, not a destination. Have faith in your ability.”

– Bruce Lee

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00 - 10:30 Intro and Semi-Private Lessons
					10:30 - 11:00 Little Dragons
5:00 - 5:30 Little Dragons	5:00 - 5:30 Little Dragons	5:00 - 5:30 Little Dragons	5:00 - 5:30 Little Dragons	5:00 - 7:00 Belt Rank Testing	11:15 - 12:00 Preteens
5:45 - 6:30 Preteens	5:45 - 6:30 Preteens	5:45 - 6:30 Preteens	5:45 - 6:30 Preteens	1 Time per month (invite only)	12:15 - 1:00 Jr. Adult and Adult
	6:45 - 7:30 Jr. Adult and Adult		6:45 - 7:30 Jr. Adult and Adult		

Dojo Classes

Little Dragons Ages 3-6

Pre-teens Ages 7-10

Junior Adults Ages 11-14

Adults Ages 15+

Our unique approach to teaching emphasizes physical skill and self mastery through the martial arts, while developing the character traits and leadership qualities that all children genuinely deserve. These additional benefits help empower children to better conduct themselves in the world and confidently create their own success. We strive to maintain a positive learning environment that is both fun and rewarding for students and their families.

Respectfully - Sensei Michael Nahan

Martial Arts, Karate, and Kung-Fu

Character and Leadership Development

Self-Defense

Athletic Performance

Birthday Parties + Camps



Questions about our programs?

Contact Us at (203) 309-5045

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