

It's time your child learned anti-abduction skills

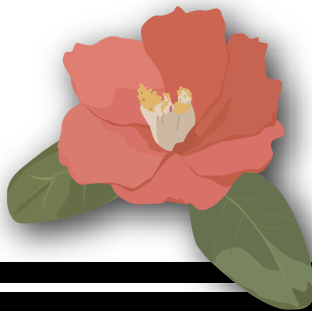
Our Martial Arts classes have a built in anti-abduction program that help teach your child how not to become a victim as well as what to do if someone were to approach them.



Want to build your child's future?

Start today by calling IKA. Class schedules are available on our website.

Elaine@InsightsKenpo.com
www.InsightsKenpo.com



Planning a Birthday Party?



There's no better place to celebrate a birthday than at IKA. That's because it's super fun for the kids and super easy for you!

Our basic package is 90 minutes and includes a 30 minute karate class and 30 minutes of games.

Please stop by, call or visit our website for more information.

Insights Kenpo Academy

119 East Main Street
Milford, MA
(508) 478-3484

www.InsightsKenpo.com



"Building Better Leaders Through Martial Arts".



Success in school starts here - better grades, leadership skills and confidence

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Our Vision



Our Vision:

The vision of Insights Kenpo Academy is to improve our students lives by helping you [get in shape](#), [stay safe](#), and at the same time instill the life skills and character of a true martial artist. We teach values like [courtesy](#), [patience](#), [respect](#), [self-discipline](#) and [confidence](#). These skills help improve academics, careers & relationships. All of which build a better community and change lives for the better.

Children's Programs:

Academic Achievement - Self Respect

Sometimes the biggest challenges in life come from within ourselves. It's not defeating the bully at school or protecting our family from danger. Most of the time our challenges are our own self-doubts, fears and anxieties. These things can affect our performance in school or at work. That's why our programs work to develop confidence, self-respect and leadership skills as well as self-defense.

Tools for Success

[Focus](#) and [discipline](#) are important for success in all areas of your life. At IKA we help to improve both of these things which help keep students on track with their goals. Our programs are fun and exciting which helps keep students interest and keeps them consistent in their training.

Courage:

Your child finds the courage to move outside his comfort zone. He wills himself to take on more

difficult karate moves and skills. As your child reaches each new belt level they will learn the benefit of hard work. Your child will learn that life is a never-ending journey of self-improvement.

Adult Programs at IKA:

Increased strength and fitness, (body and mind). If you are looking for a great way to [get in shape](#) without getting bored than we have the answer! In fact, our program is the best all round workout because not only does it give your body and awesome work out but it sharpens your mind as well! Our program improves [focus](#), [concentration](#) and helps build [confidence](#) while [reducing stress](#) for a longer healthier life!

Modern World Self-Protection

We teach a system of Martial Arts known as Ed Parker's American Kenpo. American Kenpo traces its roots to Chinese Martial Arts and was furthered developed by Senior Grandmaster Ed Parker to become one of the most comprehensive martial arts systems in the world today.

It is a practical system developed for self-defense in modern times. American Kenpo uses scientific principles to add speed, power and strength to each move and is extremely effective.

American Kenpo incorporates Karate, Kenpo & Jujitsu, all of which instills discipline, respect, focus and other character building values as well as teaching the student the fundamental blocking and striking techniques of self protection.

As the times change, and the environment changes, so should your martial arts also adapt to fit today's environment.

FAQ:

How old should my child be to start karate?

We have classes for children as young as 4 years old. Our "Little Ninjas" program is an exclusive preschool program for learning life skills. Those eight primary skills are: Focus, balance, self-control, teamwork, memory, coordination, fitness and discipline.

Why are Martial Arts So Popular?

Martial arts are so popular because no other activity can provide the same results as martial arts for each individual participant. Whether your goals are self-confidence, self-defense, personal development, fitness, and flexibility or to earn a black belt, our school will take you there.

How do I get my child or myself started? All you need to do is pick up the phone **(508) 478-3484** and we'll help you get started. The world of Martial arts can be an exciting one. Nothing can quite give the benefits that martial arts can.

TRY US FREE! We are so sure you'll love our classes that we are willing to give you **two weeks FREE!**

Call us today to get started! (508) 478-3484
+offers cannot be combined.