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# DEDHAM ACADEMY OF MARTIAL ARTS

AT DEDHAM HEALTH AND ATHLETIC

Director  
Cynthia Saul



Cynthia@dedhamhealth.com

## SO MUCH MORE THAN KICKING & PUNCHING

### 8-CLASS PACK

Attend 8 classes of your choice  
for your age and belt rank

**\$200**



### Private Lessons

30 Minutes: \$50  
(10-Pack for \$450)

We also offer 60 minute lessons.



- **FREE DEMO**
- **FREE UNIFORM**  
with Sign-Up
- **NEW STUDENTS**  
may sign up at anytime

### SUNDAY

TIME	CLASS	AGE	Belt Rank
9:00 AM	Little Dragons	4 - 6 yrs	White/Yellow
10:00 AM	Teen/Adult	12+	All Belt Ranks
11:15 AM	Fundamentals of Grappling	7+	White belts w/ 1 Yellow stripe and above
12:15 PM	Youth	7 - 11 yrs	All Belt Ranks

### MONDAY

TIME	CLASS	AGE	Belt Rank
<b>Available for Private Lessons</b>			

### TUESDAY

TIME	CLASS	AGE	Belt Rank
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth	7 - 11 yrs	All Belt Ranks

### WEDNESDAY

TIME	CLASS	AGE	Belt Rank
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Speed, Strength, and Conditioning	Youth/Teen	White belts w/ 1 Yellow stripe and above
6:00 PM	Youth	7 - 11 yrs	All Belt Ranks

### THURSDAY

TIME	CLASS	AGE	Belt Rank
4:00 PM	Little Dragons	4 - 6 yrs	White/Yellow
5:00 PM	Youth	7 - 11 yrs	All Belt Ranks
6:00 PM	Teen/Adult	12+	All Belt Ranks

### FRIDAY

TIME	CLASS	AGE	Belt Rank
<b>CLOSED</b>			

### SATURDAY

TIME	CLASS	AGE	Belt Rank
9:00 AM	Teen/Adult	12+	All Belt Ranks
10:15 AM	Little Dragons Intermediate	4 - 6 yrs	Yellow
11:15 AM	Little Dragons Beginner	4 - 6 yrs	White
12:15 PM	Youth	7 - 11 yrs	All Belt Ranks

### UNLIMITED MONTHLY

Attend as many classes as you want  
for your age and belt rank

**\$150**



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**DEDHAM HEALTH™**  
& Athletic Complex

200 Providence Highway, Dedham, MA 02026



SCAN CODE FOR MORE  
INFORMATION ONLINE



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## CLASS INFORMATION

### LITTLE DRAGONS

(4 – 6 yrs old) white/yellow belts

DAY	TIME
Sunday	9:00 - 9:45 AM
Tuesday	4:00 - 4:45 PM
Wednesday	4:00 - 4:45 PM
Thursday	4:00 - 4:45 PM
Saturday (Intermediate, Yellow Belts)	10:15 - 11:00 AM
Saturday (Beginner, White Belt)	11:15 AM - 12:00 PM

Little Dragons focuses on building a strong foundation in the fundamentals of American Kenpo Karate and learning to have respect for one's self and others. Students learn basic stances, maneuvering, hand strikes, kicks, block sets, self-defense techniques, and the proper way to fall and roll. While working to develop their gross motor skills the Little Dragons will work on their social and emotional skills- listening, concentration, patience, flexibility, perseverance, and teamwork.

### YOUTH

(7 – 11 yrs old) all belt ranks

DAY	TIME
Tuesday	5:00 - 5:45 PM
Wednesday (SSC)	5:00 - 5:45 PM
Wednesday	6:00 - 6:45 PM
Thursday	5:00 - 5:45 PM
Saturday	12:15 - 1:00 PM
Sunday	12:15 - 1:00 PM

This class focuses on the fundamentals of American Kenpo Karate combined along with some JKD, Kali, and grappling. Students will learn basic stances, maneuvering, hand strikes, kicks, block sets, self-defense techniques, and the proper way to fall and roll. They will gain physical improvements in balance, coordination, agility, speed and strength while working on improving their mental and emotional skills of focus, concentration, listening, patience, self-discipline, proper etiquette, perseverance and respect for one-self and others.

### TEEN/ADULT

(12+) all belt ranks

DAY	TIME
Sunday	10:00 - 11:00 AM
Thursday	6:00 - 7:00 PM
Saturday	9:00 - 10:00 AM

Our Teen/Adult class focuses on the fundamentals of American Kenpo Karate combined with JKD, Kali, and grappling. Guided by our six A's – Acceptance, Awareness, Attitude, Assessment, Action, and Aftermath, our students gain the competence and therefore confidence to not only physically protect themselves but also the skills necessary for non-violent conflict resolution. We emphasize fitness by developing speed, power, strength, endurance, and flexibility along with mental toughness and resiliency. Through this roadmap, our students use the martial arts as a vehicle to be successful in all aspects of their life and leaders in their communities.

### FUNDAMENTALS OF GRAPPLING

(Youth - Teen) White belts  
w/ 1 Yellow stripe and above

DAY	TIME
Sunday	11:15 AM - 12:00 PM

An essential part of self-defense is knowing how to defend yourself on your feet or on the ground when the fight is up close and personal- what we call contact manipulation range. This class builds a strong foundation in just that. Students will learn ground positioning, clinching, takedowns, basic submissions, and ground striking. They will improve their strength, flexibility, cardiovascular endurance, speed, and explosive power.

### SPEED, STRENGTH, AND CONDITIONING (Youth/Teen)

White belts w/ 1 Yellow stripe and above

DAY	TIME
Wednesday	5:00 - 5:45 PM

Who doesn't want to be fast, powerful, and fit! Our speed, strength, and conditioning class will use traditional/functional fitness combined with the martial arts to develop and improve our student's strength, speed, flexibility, cardiovascular endurance, and mental toughness.