



Youth Programs

Our children will face thousands of decisions and situations in which clear and fast thinking will determine the future course of their lives.

The Universal Kempo Karate Schools Association acknowledges this and has gone to great measures to develop the martial arts leaders of tomorrow. Currently, the Universal Kempo Karate Schools Association and its instructors have taught and trained thousands of children in Chinese Kempo-Karate.

Children take up Kempo-Karate for fun, sports, and self-defense. In addition, discipline is emphasized to all children. They are taught respect for themselves and others, taught to listen to their parents, and to become better students in school, by obtaining a positive attitude.

Parents are always welcome and urged to observe the training classes. In this aspect, we feel confident that the parents will fully appreciate the discipline and character the Chinese Kempo-Karate training will develop in their child.

Our curriculum specializes in critical thinking development, respect for self and others, fitness and fun, along with award winning self defense.

This is a proven way to boost your child's chance at life success, and this is what we want for our kids isn't it?

Kempo-Karate is Just the Beginning

Puget Sound Branch
in Ballard



**2nd Degree
Head Instructor
Fabien Pichard**

Universal Kempo-Karate Schools

Classes every
Tuesday and Thursday

Kids 6:00pm-7:00pm
Adults 7:00pm-8:00pm

**First Month
Special
\$110.00**

1 Black Uniform
1 Club T Shirt
1 School Patch
Association Fee
1st Month's Tuition

**\$55.00 per month
thereafter**

Call Now!

425-985-8613

Other Locations

Bothell 425-275-2461
North Seattle 206-853-0256
Lake Hills 425-562-6111
Lake Union 425-347-6920
Mukilteo 425-347-6920

Kempo-Karate Classes

CROWN HILL ELEMENTARY
9250 14TH AVE NW
SEATTLE, WA 98117



TEACHING

MEN - WOMEN - CHILDREN

Confidence * Self Control * Patience
Family Values * Respect * Conditioning
Perseverance * FUN!

MORE THAN MARTIAL ARTS!

A Constructive Alternative to the Average Life

425-985-8613

For other locations visit

www.kempowashington.com



自信

CONFIDENCE

“This is a journey that we will go on together.”

The path to martial arts is one of personal growth and self-discovery of mind, body and spirit. You will learn new techniques and interesting concepts. Each class will be challenging, but fun.

Within the first couple of months, through regular practice, you will gain greater command of your body and begin executing techniques with greater confidence.

When you realize the power of these concepts, and see how it affects your life each day, you will become a committed

樂趣

FUN

“Many students say that studying the martial arts is one of the most exciting things they’ve ever

Many adults have wanted to study martial arts for a long time, but for some reason, have put it off. The two questions most adults ask are:

**“Can I do this without getting hurt?”
“Can I do this without looking foolish?”**



that students do not fail or become frustrated, but rather build on daily successes.

We maintain a safe training environment with an emphasis on “partners” rather than “opponents”. Our training methods consider the different physical and mental capabilities that each student possesses while breaking down the learning steps so

紀律

DISCIPLINE

“Martial arts is not only a physical discipline, it’s a mental discipline.”

Your physical training gets you in shape, and teaches you specific skills for self-defense. Most people don’t often have to physically defend themselves. So, how can this training be helpful in everyday situations?

尊重

RESPECT

“Mutual Respect is the foundation of civilized behavior and society..”

Think about the confrontations you sometimes face with friends, family, or co-workers. Most of these incidents are small and probably not physical in nature, but you feel attacked-emotionally, mentally and verbally.

Unfortunately, the old childhood saying, “Sticks and stones may break my bones, but words will never hurt me,” is the farthest thing from the truth.

Unless you have discipline over your mind and are able to control your reactions, you become upset, frustrated, angry, and even enraged by other people’s words or actions.

All of our students, adult and children alike, are taught the traditional manner of Chinese Kempo-Karate, and as such are taught respect for themselves, their family members, other students, co-workers, etc.

They are taught good sportsmanship—How to win humbly as well as how to see a loss as a challenge to improve gracefully.

Learn

Self Defense
Self Discipline





Weapon Training
Humility & Respect
Academic Excellence

Come join us and see where this journey can take you...