

Adult Classes

<i><u>MONDAY</u></i>	<i><u>TUESDAY</u></i>	<i><u>WEDNESDAY</u></i>	<i><u>THURSDAY</u></i>
<i>7:00 PM</i>	<i>7:00 PM</i>	<i>7:00 PM</i>	<i>7:15 PM</i>

Self-Defense Training



Gain A Competitive Edge

CEK wants each of their students to have confidence in every situation, and that includes being in harm's way. When confronted by someone who intends to do you harm, it is natural to feel fear. Our students learn to turn the rush of fear into a powerful energy. When accompanied by swift and decisive moves, this energy lets them overwhelm and neutralize the attacker and disarm them, if the attacker uses a weapon. By combining multi-range techniques, students learn punches, kicks, grabs, and throws -- constituting a complete martial arts system. After just a few classes, our students notice positive changes in their attitudes and physiques never thought possible.