

STEVENSON KENPO-KARATE

Mililani's A-1 Martial Arts School
For Men, Women & Children

(Starting at 4 years old)



CERTIFIED BLACK BELT INSTRUCTORS

- Self-Esteem
- Self-Discipline
- Self-Defense
- Physical Fitness
- Rape Prevention
- Tournaments
- Ground Grappling
- Multiple weapons

INCLUDES FREE:

- Uniform
- T-Shirt & Patches
- Introductory Lessons
- DVD & Student Instruction Handbook
- Private Lessons
- Saturday Practice Sessions



School program offers: Two martial arts systems with choice of no contract; Brazilian jiu-jitsu ground grappling; **three month introductory program** that includes free uniform, school patch and t-shirt; **50% off tuition** for family members. Find out if you, your children or your entire family will enjoy the martial arts. Ask about our on going specials and save money. If you find a martial arts school that offers the above at a better price, I will match it. Guaranteed!

RECREATION CENTER #3, MILILANI (Tuesday & Thursday)

- Youth Class — 6:30 p.m. — 7:30 p.m.
- Co-Ed Adult Class — 7:30 p.m. — 8:30 p.m.
- Co-Ed Adult Street S.M.A.R.T. Self-Defense Class — 7:30 p.m. — 8:30 p.m.

Or visit www.facebook.com/StevensonKenpoKarate

IF YOU ALWAYS SAY YOU CAN'T, YOU NEVER WILL.

For more information, call 623-6399

Chuck Stevenson
Grand Master

STEVENSON KENPO-KARATE

Stevenson Kenpo-Karate School offers two martial arts systems with a wide range of benefits to people starting at 4 years old. We believe the martial arts has something to offer everyone, whether it's developing focus for a young child, increasing the flexibility for senior or providing a fun activity for the whole family.

At Stevenson Kenpo-Karate School, our instructors are there to help you attain your personal goals, whatever they may be. Through our unique martial arts systems, you will enjoy every minute of your training as you reach new levels of physical fitness, experience increased self-confidence, and learn the mental and physical skills necessary to defend yourself in any situation.

The school provides professional martial arts training to meet your individual needs: Co-ed Adult and Youth classes are offered up to four classes a week. Additional training hours are also offered at no extra charge. All students, regardless of age, are treated with respect and given individual attention. The student who is willing to sacrifice to improve will be in control and will benefit from the training for the rest of his/her life.

MEN

In the modern world of stress and hassles, Stevenson Kenpo-Karate can help. Through our unique training method we will show you how to relieve tension and stress so you feel great. We attain this through stretching and a great cardiovascular workout. For the sports-minded competitor we offer a wide variety of competitions and skill tests. These include sparring classes, Brazilian jiu-jitsu ground grappling techniques, forms, demonstrations and rank testing. Your self-defense skill will be second to none, as the martial arts provides an excellent format.



**For More Information, Call 623-6399
Chuck Stevenson—Master Instructor**

KAJUKENBO SELF-DEFENSE SYSTEM

Stevenson Kenpo-Karate School teaches the martial arts system known as Kajukenbo. The system, as well as the name, is composed of the best techniques from five different martial arts: Ka—from Karate, Ju—from Judo and Jujitsu, Ken—from Kenpo and Bo—from Chinese Boxing. The founders of this system were masters of their own right. Their goal: Work together to find the best in each other's style and create a complete system of self-defense. The result: Kajukenbo. Under the capable leadership of Grand Master Chuck Stevenson, Kajukenbo is an art that continues to keep pace with the times and benefit all who come to study. He is widely recognized for his organizational skills and innovative techniques in teaching others. In addition to teaching the martial arts skills, he believes it is just as important to pass on life building skills to his students. He has assured that the important tools we can use to maximize our potential in everything we do in life; respect, self-discipline, focus, concentration, self-control, perseverance, integrity, responsibility and honor are not only used in his teaching, but he strives to make sure that every student knows exactly what the meaning of each one is, and how they are important in one's life. Students experience success and achieve recognition as they progress through the ranks. Consequently, they become more self-confident and possess a strong self-image.

WOMEN

According to the FBI, 1 out of 3 women will be exposed to some form of sexual assault during her lifetime. With crime on the rise and violent assaults on females up, it pays for today's woman to have first hand self-defense knowledge. Stevenson Kenpo-Karate offers specialized self-defense training so you can learn the basics quickly and easily. We will teach you how to overcome grabs,



punches, kicks and even weapons. You will learn to recognize, avoid and defend against dangerous situations. Aside from the feeling of confidence that comes from knowing that you can protect yourself, martial arts is a fun and exciting way to stay in shape. The stretching and fitness exercises are an excellent way to lose weight, tone your body and feel great.

STREET S.M.A.R.T. SELF-DEFENSE SYSTEM

With over 40 years of training and teaching experience in the military and martial arts, Chuck Stevenson founded a highly effective street combat Martial Arts system known as Dynamic Street S.M.A.R.T. Self-Defense based on martial arts and military tactics as used by elite forces. The word S.M.A.R.T. in this highly effective street combat system stands for Self-Preservation Martial Arts Reactionary Tactics. This system is for co-ed adult students who want a modern hand to hand combat and street fighting defense. It incorporates ground grappling, unarmed and armed fighting methods. It is a reality-based street combat system where everything is focused on your survival. The system pays no attention to kata, traditional weapons, competition or friendly sparring. You learn how to use dynamic tactics to defeat larger, stronger, more skilled opponents in seconds, including attackers armed with clubs, knives, or guns. The system uses, simple, practical and effective tactics against most attackers allowing you to learn quickly. It's an ideal system to enhance and jump-start your self-defense fighting and survival skills for trained martial artists, military, law enforcement and security personnel, or anyone who would like to immediately enhance their self-defense skill for any real life confrontation. You don't need tremendous strength or ability to get capable to defend yourself.

CHILDREN

Karate offers a whole range of benefits to aid your child's learning process. Apart from the increase in motor skills, such as coordination, balance and agility, martial arts offer a number of far reaching mental benefits.

Through Stevenson Kenpo-Karate, your child will also learn self-control, self-respect, concentration and self-confidence. These skills go a long way in helping your child excel at home, at school and in life.



Invest in your future. Join a Professional Martial Arts School which stresses discipline and teaches a solid philosophy of self-control, respect, goal setting and commitment.