

Classes for the whole Family

Kids Martial Arts

Our children's karate program teaches self-confidence while providing regular exercise. In all our karate classes at MW Kenpo Karate LLC, our family-style classes are designed for building confidence while staying in great shape. Your kids will begin by learning basic stances, kicks, blocks and punches. Working at their own pace, their body will adjust to regular exercise and they will begin gaining flexibility. Eventually they will be challenged with more and more advanced techniques. Your children will learn forms, combinations, and self-defense moves at every level. Youth will develop leadership, respect, focus and discipline.

Adult Martial Arts

Our martial arts classes can help you reach your fitness goals while having fun and staying healthy. Our adult karate program teaches self-confidence while providing regular exercise. In all our karate classes at MW Kenpo Karate LLC, our family-style classes are designed for building confidence while staying in great shape. You will learn basic stances, kicks, blocks, punches and ground fighting. You will learn sets, forms, katas and self-defense moves at every level from white belt to black belt. Develop leadership, respect, focus and discipline.

Women's Self Defense Classes

MW Kenpo Karate LLC in Winchester, VA offers a woman only self-defense class. The women only self-defense class has been carefully developed with valuable input from law enforcement officials and prosecutors in order to provide realistic self-defense classes for women. The program deals specifically with how and where women are commonly attacked.

Kenpo Karate features unusually fast hand and foot combinations intended for practical self-defense

Classes are scaled to individual needs, with ample personal instruction and encouragement. Our training program emphasizes the individual. People are different in height, weight, strength and body dimensions. A variety of self-defense techniques are taught for any given situation. The student can select for proficiency those that best fit his/her body design.



MW Kenpo Karate, LLC

Contact Info:

John Massale 540-532-2060

Kerry Wolf 540-931-6138

Email stonebrookkenpo@gmail.com

Web www.mwkenpokarate.com

Location 2342 Jones Road Winchester, VA 22602