

Moncreaff's Martial Arts, Yoga and Fitness

485 Great Road (Rt. 2A/119) Acton, MA 01720

www.ev-mas.com 978-264-2904



Children's Classes - Schedule Effective January 1, 2019



Little Dragons - Ages 4-6

Recommended Attendance: 1-2 classes per week. Maximum 3.

Monday 5:10:6:00 PM	Tuesday 4:10-5:00 PM	Wednesday 5:10-6:00 PM	Thursday 4:10-5:00 PM	Friday 5:30-6:30 PM
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Kenpo Kids - Basic Training

Recommended Attendance: 2 classes per week. Maximum 3.

Monday 5:10:6:00 PM	Tuesday 4:10-5:00 PM	Wednesday 5:10-6:00 PM	Thursday 4:10-5:00 PM	Friday 5:30-6:30 PM
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Kenpo Kids - Intermediate Training

Recommended Attendance: 2 Kenpo classes per week and 1 Warrior class per week.

Monday 5:10:6:00 PM	Tuesday 5:10:6:00 PM	Wednesday 5:10:6:00 PM	Thursday 5:10:6:00 PM	Friday 5:30-6:30 PM
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Kenpo Kids - Advanced Training

Recommended Attendance: 3 Kenpo classes per week, 1 Warrior class per week.

Monday 5:10:6:00 PM	Tuesday 5:10-6:00 PM	Wednesday 5:10:6:00 PM	Thursday 5:10-6:00 PM	Friday 5:30-6:30 PM
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Warrior Class and Circus Arts classes for kids

Warrior Class - Sparring Monday 4:10-5:00 PM PM	Circus Arts for Kids Wednesday 4:00-5:00 PM	Circus Arts for Kids Friday 4:15-5:15 PM
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Teen and Adult Classes Schedule Effective January 1, 2019

Teen and Adult Kenpo Karate*

Monday 6:00-7:25 PM All Levels	Tuesday 6:15-7:45 PM All Levels	Wednesday Rest Day 	Thursday 6:00-7:25 PM All Levels	Friday 6:30-8:00 PM All Levels
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Teen and Adult Yoga, Aerial Arts, and Acrobatics

	Wednesday 6:15-7:30 PM Aerial Arts for Teens and Adults All levels 	
Monday 7:30-9:00 PM <i>Ashtanga Yoga</i> First Series for all levels 	Wednesday 7:45-9:15 PM Acroyoga: Partner and Group Acrobatics For all levels 	Thursday 7:30-9:00 PM <i>Ashtanga Yoga</i> Third Series for all levels 

*Ashtanga Yoga classes are recommended for all Karate Tournament Team members.

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Programs for Children

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Little Dragons – Ages 4-6

Our class for students ages 4-6. This program offers your child the opportunity to learn martial arts in a fun, safe, and friendly environment. Stories, games, obstacle courses and a variety of teaching methods are used. The children improve muscle tone, flexibility, and coordination while also learning important life skills. In every class the children have a great time and learn something new! Students graduate from this program when they turn seven or when they earn the Yellow belt, whichever comes first.

50% Fitness 35% Life Principles 15% Martial Arts Principles

Kenpo Kids Basic Training – Ages 7-12

These classes are high energy and fun! Students begin working on earning the Yellow belt and graduate when they have achieved advanced Yellow belt status. Classes are the perfect balance of fitness, life principles and Kenpo principles. Children increase confidence, awareness, and self-discipline, while also improving muscle tone, flexibility, balance and coordination.

35% Fitness 35% Life Principles 30% Martial Arts Principles

Kenpo Kids Intermediate Training - Ages 7-12

Students who have graduated “Kenpo Kids Basic Training” attend these classes. They are Advanced Yellow belts and will continue their progress towards Orange belt in these classes. At this stage in their training more time begins to be spent on Kenpo principles. The improved fitness developed in Basic Training allows students at this level to learn at a more accelerated rate, making for exciting classes with more challenging and dynamic lessons!

30% Fitness 30% Life Principles 40% Martial Arts Principles

Kenpo Kids Advanced Training - Ages 8-14

Our most advanced children's class. Students who have graduated “Kenpo Kids Intermediate Training” through earning the Orange belt attend this class. In this class students get to learn and do the things they only dreamed about when they started their training. Weapons training, spinning, jumping and flying kicks, advanced rolling and falling, advanced freestyling and countless other “cool” moves are all part of the curriculum. This class keeps students challenged and excited about their Kenpo training. Parents are frequently amazed at the skills children develop in this program. Students graduate this class when they turn age 13 or earn the Brown belt whichever comes first. Students training at this level also qualify for consideration to be invited into our Olympic Karate competition team training program.

30% Fitness 20% Life Principles 50% Martial Arts Principles

Warrior Class - Padded Weapons Class – Ages 8 and Up

A mix of ancient and modern weapon techniques are taught and practiced in this incredibly fun and exciting class. Soft, flexible, padded weapons and body armor are used to allow for lots of fun and safe sparring. Students develop amazing coordination and timing in this class while getting a great workout! This class is pure Excitement!

70% Fitness 15% Life Principles 15% Martial Principles

Circus Arts for Kids - Ages 6-12

The Circus Arts class is an incredible adventure in fitness, artistry and movement. Students will explore Silk Hammocks, Long Silks, Static Trapeze, Yoga, Lyra and partner and group Acrobatics. Students will gain strength, flexibility, body awareness and exceptional balance. If your child is inspired by shows like Cirque du Soleil then this is the class for them! No prior experience is necessary.

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Teen/Adult Programs

Teen and Adult Ages 13 and Up - Basic Training

Training begins here for teens and adults. A strong focus on fitness gets students ready for more advanced training. Classes feature lots of target practice and bag work along with basic self-defense techniques and Kenpo ground fighting principles. Classes are fun and high energy and students will be amazed at how quickly they will develop new skills. Bring a water bottle!

40% Fitness 20% Life Principles 40% Martial Arts Principles

Teen and Adult Ages 13 and Up - Advanced Training

Students who have graduated "Teen and Adult Basic Training" through earning the Orange Belt attend these classes. Here they will build upon their existing skills while adding many new areas of knowledge to their art including additional weapons training, ground fighting, multiple opponents, sophisticated striking, kicking, locking, advanced timing, sweeps, throws, nerve points and more! This class has it all! Students will be amazed at just how vast the Art of Modern Kenpo is and will enjoy progressing towards their own chosen area of specialization. Students training at this level also qualify for consideration to be invited into our Olympic Karate competition team training program.

35% Fitness 10% Life Principles 55% Martial Arts Principles

Chanbara - Padded Weapons Class for Teens and Adults (Now part of our Friday night Teen/Adult Martial Arts class)

A mix of ancient and modern weapon techniques are taught and practiced in this incredibly fun and exciting class. Soft, flexible, padded weapons and body armor are used to allow for lots of fun and safe sparring. The great safety equipment allows the sparring to be full contact forcing students to be aware of their whole body at all times. As a result students develop amazing coordination and timing in this class while getting a great workout! This class is pure FUN! Chanbara classes are now included as part of our Teen/Adult Kenpo program.

60% Fitness 10% Life Principles 30% Martial Arts Principles



Ashtanga Yoga

Ashtanga Yoga's Vinyasa system is made of sequences of postures that vary in difficulty and benefit. The flow between each posture is an integral part of the practice. There are three groups of movement sequences: *The Primary Series* which cleanses and tunes the physical body, *The Intermediate Series* which purifies the nervous system and the *Advanced Series* which cultivates strength and grace. Each series of postures must be accomplished before proceeding to the next. The sequential process of learning Ashtanga allows the practitioner to develop the concentration, strength, flexibility and stamina needed to progress in a safe, balanced and optimal manner. Postures are linked together through flowing movement (vinyasa). Vinyasa means breath synchronized with movement. In Ashtanga Yoga the movement is always synchronized with the breath. The result is an open heart and a clear mind in a light and strong body.

AcroYoga

AcroYoga blends the wisdom of yoga, the dynamic power of acrobatics, and the loving kindness of healing arts. These three lineages form the foundation of a practice that cultivates trust, playfulness, and community. In this class you will learn Acroyoga postures, transitions and flows. We'll explore both the Acrobatic and Therapeutic aspects of Acroyoga. Be prepared for a great workout, lots of fun and some wonderful Thai massage!

Aerial Arts

Aerial Silks is an incredible adventure in fitness, artistry and movement. Students will explore Silk Hammocks, Long Silks, Static Trapeze and Lyra. If you are inspired by shows like Cirque du Soleil then this is the class for you! No prior experience is necessary.

Membership Pricing and Information

Try any of our Martial Arts programs for 1 week for FREE!

Little Dragons Modern Kenpo Karate for ages 4-6

- \$135.00 per month. Add Yoga, Aerial and Acrobatics classes for \$15 a month.

Modern Kenpo Karate for ages 7 to Adult:

- \$145.00 per month for students ranked White and Yellow Belt.
- Students Ranked Orange and Up: \$155.00 a month
Includes Modern Kenpo Karate, Tournament Team and Leadership Team classes.
- Add unlimited Yoga, Aerial and Acrobatics classes for \$15 a month.
- Add unlimited Warrior Classes for \$15 a month.

Martial Arts Private Lessons:

- \$100 per hour

Family Discounts:

- Unlimited Martial Arts, Warrior, Yoga, Circus Arts, and Acrobatics classes for the entire family \$319.00 a month.

No Belt Testing Fees Ever: At Moncreaff's Martial Arts, Yoga and Fitness You Earn Your Belt, You Don't Buy It! (Warning: At other martial arts schools belt test fees can cost hundreds of dollars per year.)

Missed Kenpo classes can be made up with *Free* Semi-Private Lessons. See Professor Moncreaff for details. (Student must have missed a minimum of 2 weeks of classes in one month to qualify.)

Yoga, Aerial, Circus and Acrobatics Classes Pricing:

- \$99.00 per month for unlimited classes. Add unlimited Martial Arts for \$61 a month.
- \$20.00 for drop ins.
- 20 class card: \$299.00 10 class card: \$169.00

Yoga, Aerial, Circus and Acrobatics Private Instruction:

Private Yoga Training: \$75 hour, Semi-Private Yoga Training: \$50 hour (per person)

Private Yoga Training 4-week package (1 hour per week): \$250

Semi-Private Yoga Training 4-week package (1 hour per week): \$175 (per person)

