



# American Kenpo at A Center for the Martial Arts

11425 S. Harlem Worth, IL  
(708)448-2454

[www.acenterforthemartialarts.com](http://www.acenterforthemartialarts.com)



First lesson Free!

No Contracts!

### SPECIALS!!

#### FREE UNIFORM

WITH ANY 3 MONTH  
PROGRAM SIGN-UP

Sign up to any program at A Center  
for the Martial Arts for 3 months and  
we will provide a uniform for you!

#### BUDDY PROGRAM

BRING A FRIEND AND GET 15%  
OFF YOUR SIGN UP

Sign up and get a buddy to sign up  
with you and your fees for the first 3  
months will be discounted 15%

#### ALL ACCESS PROGRAM

FOR \$100 TRY ALL THE PROGRAMS  
OFFERED AT A CENTER FOR THE  
MARTIAL ARTS FOR ONE MONTH

Pay only \$100 and for an entire month  
and participate all you want, in all the  
programs, at anytime you want!!

American Kenpo is a practical and efficient Martial Art incorporating both striking and grabbing techniques. American Kenpo is a balanced system of Self-Defense, utilizing both hands and feet combined with circular and linear movements allowing the individual to handle encounters that may occur on the streets today. These movements are natural and easy to learn so the student understands what they are learning and then are able to quickly use the appropriate technique for defense in an attack.

**WHY KENPO?** From the very first lesson, the student realizes how relatively easy it is to learn. The student begins to formulate self-defense techniques in the first lesson since the movements are natural and every one learns at different rates. Knowing this, each instructor encourages the student to learn as much as they can in any one lesson, but to move only at their own rate. The student's development is in relationship to the art not to other students. **Our job is to help you reach YOUR maximum potential.**

### CHECK OUT OUR CONVENIENT SCHEDULE OF CLASSES!!

MONDAY	WEDNESDAY	FRIDAY
KENPO Kids 4 pm - 5 pm	KENPO Kids 4 pm - 5 pm	KENPO Kids 6 pm - 7 pm
	KENPO Adults / Teens 5 PM - 6 PM	KENPO Adults / Teens 7 PM - 8 PM

Spring  
into  
action



**LEARN FROM ONE OF THE BEST:** Mr. Barnhart has personally trained each instructor and hand picked them for teaching. Each instructor knows and understands the reasons why an individual enrolls for lessons. The instructor's approach is courteous, caring and motivated to help students reach their goals.



Teaching children has  
ALWAYS been a specialty at  
Mr. Barnhart's American Kenpo.



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Welcome !!!

A Center for the Martial Arts is home to Soseikan Dojo and Sosei Aikido Kyokai. Our diverse programs are geared toward children, teens, adults, seniors and families. We offer classes 7 days a week so you are sure to find a class to fit your schedule and budget. Our class rates are very reasonable and families save even more.

To make your decision easier, we  
**NEVER** make you sign a contract  
and your first class is FREE!

A child's life is as real to them as it is to an adult's world, often times more. Kenpo encourages willingness from the child to try as hard as they can and in turn develop self-esteem. Children as well as adults are taught to walk away from a fight. If they have no other choice but to defend, they know they can - THIS IS CONFIDENCE. This confidence is carried with them into their school work and daily lives.

**CLASSES AT THE SCHOOL:** Our introductory class gives you a chance to try a free lesson to see how you like it and how we teach. Please don't hesitate to talk to the manager or teacher at the school about the **American Kenpo** Program. After your first lesson, you will realize the many benefits and your potential. Physically you feel a sense of achievement as your whole body is awakened from each workout. Each lesson is empowering as you leave knowing that YOU HAVE the ability to defend yourself.

### Benefits of Training

Self-Discipline, Self-Confidence, Improved Coordination, Strength and Flexibility. Kenpo is both an internal and external system which means we train the mind and body. It is also a very effective form of self-defense.

### About the Instructor

**Professor Kurt Barnhart 6th degree Black Belt.** Mr. Barnhart has been training in the Martial Arts since 1967 and began his American Kenpo training in 1976 under Lee Wedlake, Jr. - a first-generation student of Grandmaster Ed Parker. Mr. Barnhart is a member of Progressive Kenpo Systems



Instructor Contact Information

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