

# 2026 CUMMINGS MARTIAL ARTS SUMMER CLASS SCHEDULE

7 WEEK  
CLASS  
\$150



REGISTER ONLINE.  
[www.northernarttskarate.com](http://www.northernarttskarate.com)

## BEGINNER/INTERMEDIATE KENPO KARATE (NO BELT - PURPLE BELT)

Build strong martial arts fundamentals while developing confidence, focus, and coordination. Students learn essential techniques, blocks, forms, and controlled partner drills in a positive, structured training environment.

7 WEEK PROGRAM (AGES 6 - 13)

MONDAYS · 5:15 PM - 6:00 PM - JUNE 22ND - AUGUST 3RD  
OR TUESDAYS · 4:30 PM - 5:15 PM - JUNE 23RD - AUGUST 4TH

REGISTER  
EARLY &  
GET \$30 OFF  
ANY CLASS

## ADVANCED KENPO KARATE (BLUE BELT - JR BLACK BELT)

Designed for experienced students ready to push further, this class sharpens advanced techniques, forms, combinations, timing, and control. Emphasis is placed on discipline, perseverance, and continuous improvement both physically and mentally.

7 WEEK PROGRAM (AGES 6 - 13)

MONDAYS · 6:00 PM - 6:45 PM - JUNE 22ND - AUGUST 3RD  
OR TUESDAYS · 5:15 PM - 6:00 PM - JUNE 23RD - AUGUST 4TH

## LITTLE NINJAS (AGES 4-5)

Attention kiddos! This action-packed class builds focus, listening skills, and confidence through fun games and exciting martial arts activities. Little Ninjas learn important values like respect, bravery, and healthy habits, while exploring beginner martial arts skills including blocks and safe sword training—all in a positive, encouraging environment kids love.

7 WEEK PROGRAM - MONDAYS · 4:30 PM - 5:15 PM  
JUNE 22ND - AUGUST 3RD

## MMA FIT (TEEN-ADULT)

Mixed Martial Arts Fitness

Become a summer fitness warrior with MMA Fit—a high-energy workout combining cardio, strength training, kickboxing, and grappling. Build strength and endurance in a fun class open to all fitness levels.

7 WEEK PROGRAM - TUESDAYS · 6:00 PM - 6:45 PM  
JUNE 23RD - AUGUST 4TH

