

This brochure contains specific information about [Adult Kenpo Karate classes at Ethereal Arts](#). For information on our other styles please see the brochure dedicated to that art.

The Ethereal Arts Self Defense studio was opened in 1996 by the creator of the Griffin System of **Kenpo**, Grandmaster Eric Frost. His martial philosophy focuses on a deep understanding of the art, as well as maintaining the five rules for both training and life: Effort, Etiquette, Sincerity, Character and Self-Control.

**What is Kenpo?** **Kenpo** is a hybrid martial art that blends together the hard linear motions of Karate with the soft circular motions of Kung Fu. It brings together the elements of Grappling, Kicking and Punching as well as Felling and Throwing techniques into a highly effective system of Self Defense. This system has been made popular by its ability to allow people who are smaller or not particularly strong to defend themselves against larger opponents.

**Kenpo**, like any other martial art should **not** to be used unless one's life is in danger. The instructors here at Ethereal Arts are adamant that the art must be used responsibly, that it should not be used to provoke a fight or to be used against a family member or friends. Students are taught that they must use their training only in dire situations when the option to fight or protect themselves is made unavoidable. Knowing **Kenpo** is not an excuse for violence—**ever**. This belief is taught in all of our classes.

**How is Kenpo different from other martial arts?** Kenpo is unique in that it employs all four methods of fighting in one art. The methods of punching, kicking, felling and grappling provide the student with an advantage over arts that simply focus on kicking and punching. Kenpo is a thinking art that teaches people to not just block but to do so in a manner that limits an attacker's ability to continue fighting. Striking is used in a similar fashion in that its purpose is to remove the ability of the attacker to continue their assault. Furthermore Kenpo is the only art created to defend against multiple opponents at the same time. Lastly, Kenpo is an art devoted to the personal development of its practitioners both physically and mentally.

**Why should I enroll in a Kenpo class?** Studies have shown that the martial arts are a great way for people to exercise. Researchers have found that people who participate in a martial art do much better with their stress and focus at work. They are also less likely to fall prey to bullies, (bullies are in the workplace too)

and in cases where a fight can't be avoided, their training helps them protect themselves without being labeled as the aggressor in turn. Ethereal Arts has always encouraged its students toward higher achievement by rewarding excellence and hard work both in school and in the dojo.

Simply put, Kenpo is a highly effective form of self defense that helps students build many facets of their minds and bodies such as self confidence and fitness to name a few.

**Is there an age restriction to learning Kenpo?** Yes, the Little Griffins kids' classes start with a group dedicated to preschool students ages 3 through 5. The kids Kenpo class is for ages 6 through 12. The Adult class starts at age 13 and there is no upper age limit for adults. We have had brand new students come in to Ethereal Arts at age 72 and we are happy to have each and every student here.

**What classes are available for my age range?** Our class ages and curriculum are as follows:

- Adult Kenpo ages 13 & Up - Kenpo Karate (Monday through Thursday 6:10 - 7:30 PM) (Saturday 11:40 AM - 1:00 PM)
- Sparring Class ages 13 & Up - Karate Point Fighting (Saturday 11 - 11:30 AM)

**Can I watch?/Can I participate?** Everyone is welcome to sit and watch a class. Private lessons can be arranged for parents and children who wish to learn together. People who are interested in taking a class but wish to view a session before signing up are also welcomed to come and watch. Each and every student can attend two free classes (watching a class does not count as one of your free classes) to get to know the school and the Sensei (Japanese term for teacher).

**Can women learn Kenpo as well?** Absolutely!! We have been striving to introduce **Kenpo** and other martial arts to women of all ages in the effort to teach them self confidence and skills needed in order to protect themselves in the modern world. Women are every bit as good as men in the martial arts, in fact our Grandmaster's first teacher was a woman.

**Kenpo** is designed so that both women and men are able to participate. We do not expect anyone to come here equipped with massive strength or amazing agility. Everyone who enters the dojo is respected, and encouraged to learn. Begin anytime with a group or

private lesson. No experience is necessary. Walk-ins are always welcome even during class times.

**What other martial arts do you teach?** The Ethereal Arts Self Defense Studio offers a variety of programs teaching adults and children in their own specialized groups. Private lessons are also offered throughout the week (including Sundays).

The following martial arts are also available:

- **Chin-Na**
- **Muay Thai Kickboxing**
- **Submission Grappling**
- **Tai Chi**
- **Live Action (foam) Weapons.**

**Can I begin taking classes right away?** Yes, begin with two free trial classes and if you decide to continue then simply attend classes as before. There is no need to wait till the beginning of the month or for a "session" to begin or end. New students are integrated into the class whenever they come in.

For information on our other classes, please look in our lobby for the full line of our style specific brochures or contact the school at the number below.

All of our class times and prices can be found on our class schedule. Please stop by the school and ask for one or visit us on the web to view or download a copy online at [www.etherealarts-sd.com](http://www.etherealarts-sd.com). We offer discounts for additional family members as well.

Self discipline - Self confidence - Self respect

We look forward to helping you achieve your goals

**Call for free trial classes.**

**978 - 897 - 8585**

**[www.etherealarts-sd.com](http://www.etherealarts-sd.com)**

**[etherealartselfdefense@gmail.com](mailto:etherealartselfdefense@gmail.com)**

# Programs

- **Kenpo Karate**
- **Tai - Chi Chuan**
- **Chin - Na (Grappling)**
- **Lissajous Weapons System**
- **Submission Grappling**
- **Muay Thai Kickboxing**
- **Pressure Points**
- **Private Lessons**
- **Seminars**
- **Sparring**
- **Live Action Weapons (L.A.R.P.)**
- **Birthday Parties**

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## SELF DEFENSE Adult Kenpo Karate

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Lissajous Weapons System /  
Submission Grappling / Muay  
Thai Kickboxing / Chin-Na /  
**NEW** Live Action weapons

We Have Been Teaching Martial  
Arts For Over 30 Years

In 2015 Grandmaster Frost  
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Martial Arts Hall Of Fame

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Was Inducted Into The  
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