



FREQUENTLY ASKED QUESTIONS

Will karate really help with my child's attention span and school grades?

Yes. Karate will help increase your child's attention span and teach your child self discipline. Classroom performance and testing help promote a child's confidence which in turn allows your child to perform better in a classroom setting.

What can my child expect to learn from karate?

They can expect to learn self -confidence, self-awareness, self-defense, and self-respect.

What is the best age to start a child in karate?

There really is not a "best age". Some karate schools will start as young as three years of age; however, the prime age is around the time your child begins school.

How long does it take to get to black belt in the Chuck Norris karate system?

For the average person in good health, it usually takes from three to five years. This is a very traditional and balanced style of karate and rank is not determined by how much money you have paid or how many classes you have taken.

How much does it cost?

The prices will vary depending upon the program and the level of instruction desired. Programs can be "custom tailored" to meet each individual's needs.

Can children really learn to protect themselves with karate?

Absolutely. With the Chuck Norris karate system, children learn self-awareness and evasive tactics. This can help your child recognize potentially dangerous situations and how to best avoid them.

Can my child get seriously injured learning karate?

Yes. However, the statistics still prove that youth taking martial arts are less likely to sustain a serious injury than most other youth sports! Our schools use only the best of safety equipment and "rules of conduct" help ensure the well being of our students.

What is in your karate school's curriculum?

Our karate system has a standard curriculum created by Mr. Chuck Norris. The curriculum has four parts: Philosophy, Technique, Self -Defense and Kata. The students must study, train, and test in each area. Just like any other academic school, they must pass a test to achieve the next grade or rank.

If we moved could my child transfer into another school and keep the same rank?

Yes. The Chuck Norris karate system is recognized and respected worldwide! There are a vast number of schools worldwide that honor the rank your child earns.