

NORTHERN ARTS CLASS DESCRIPTIONS
OPEN ENROLLMENT ALL YEAR
336-681-3255



➤ **Classes by Mike Carr Karate**

Kenpo Karate (Beginner/Intermediate) 45 min class - Ages 4-12

This class teaches self-defense, discipline, assertiveness, goal orientation, calmness and concentration. Pre-arranged fighting techniques named Katas, prepare students for techniques, sword fighting, board breaking and grappling. The belt system instills a constant sense of achievement. Classes are fun and upbeat as well as challenging. Great confidence building class for kids! **Uniform purchase from MCK required.**

Noble Ninja (Beginner Class for Special Needs Children) 30 min class - Ages 4 - 15

For children with special needs, the benefits of martial arts are invaluable because of the solid structure and discipline brought to a child's daily life. Experts say it's the respect kids learn, whether from bowing, standing still, or waiting for the next instruction, that can be the most important benefit: It often carries over into home and school, helping to improve behavior and even grades, according to recent research. Focus, concentration, balance, tone, awareness, self-regulation, core strength, reduced anxiety, and spatial awareness are just a few of the benefits your child will receive while learning techniques in Kenpo Karate. Our special needs class teaches students to work with and be proud of all of their abilities. We keep our class size small so that each child can have the deserved attention they need. Think about it; when an instructor focuses on YOUR child's needs there is no doubt the results are immediate. **Uniform purchase from MCK required.**

MMA (Beginner/Intermediate) 1 hour class Ages 10 – 99 – Youth & Adult Classes

This class is for male and female, a great family activity! Learn the proper techniques for this popular sport! Train in grappling, sparring, self-defense, cardio fitness and kickboxing. There is fit then there is MMA Fit! This class will give you a great workout that will equal 100% sweat! **Uniform required – MCK T-Shirt and Fight Shorts**

Adult Kenpo Karate – (Beginner/Intermediate) 45 min class – Ages 14 - 99

This class teaches self-defense, discipline, assertiveness, goal orientation, calmness and concentration. Pre-arranged fighting techniques named Katas, prepare students for techniques, sword fighting, board breaking and grappling. The belt system instills a constant sense of achievement. **Uniform purchase from MCK required**

MIKE CARR KARATE IS NOW A DIVISION OF NORTHERN ARTS STUDIO!

➤ **Classes by Southeast School of Dance**

Creative Movement (2 ½ - 4 years old) 45 min class

This class is designed specifically for your little ballerina-to-be! We introduce basics of dance, and teach valuable skills while we explore both free and structured directions. Rhythm, counting, and basic ballet techniques are introduced. There is never a dull moment in our Creative Movement Classes!

Foundations Dance (Ages 4-5 year old) – 45 min class

This class is the next step in your little dancer's journey! This class creates a strong foundation by continuing the skills we introduced in Creative Movement. We also incorporate more ballet, jazz, and across the floor work; just like the "big girl" dance class! – **Uniform is required**

Ballet/Jazz 1 & 2 (Ages 6+) – 1 hour class Ballet/Jazz 1 is your dancer's first "big girl" class! The basic steps and ideology of each technique are introduced and built upon each week. Class begins with a ballet warm up, then we move across the floor to work on basic turns and small jumps. We begin to work on flexibility as well as more dynamic choreography. Level 1 creates a strong technical foundation that is vital for a versatile dancer! Ballet/Jazz 2 is an extension on level 1; warm up combinations are more dynamic, and complex across the floor combinations challenge dancers both physically and mentally. We encourage dancers to explore his or her creativity in occasional improvisational activities, as well as during weekly combinations. – **Uniform is required**

Hip Hop (Ages 8+) – 45 min class

This class refers to street dance styles primarily performed to hip-hop music or that have evolved as part of hip-hop culture. It includes a wide range of styles primarily breaking, locking, and popping which were created in the 1970s and made popular by dance crews in the United States. Hip Hop dance is a guaranteed way to have a fun, upbeat workout! – **Uniform is required**

Praise Contemporary Dance (Ages 6+ & Adult) – 45 min class ----- YOUTH & ADULT CLASS

This class focuses on expression, but technique is still important! We incorporate ballet, modern, and lyrical technique into each class. Class begins with lyrical warm up, then across the floor work, and concludes with time to work on choreography set to hymns and contemporary Christian songs. The focus of this class is to use movement in a creative and worshipful way! – **Uniform is required**

➤ **Classes by Tumblebees**

Beginner/Intermediate Tumbling - Class 1: 5 – 7 years old (in school) / Class 2: 8 – 12 years old - 1 hour classes

****Kids age 6+ with prior experience can attend Class 2****

From rolls and handstands to cartwheels and round offs, your athlete will develop the basic foundation needed for every successful tumbler. This class will emphasize basic tumbling skills with proper progressions and conditioning. Each month the class will focus on achieving certain techniques. Student information and progress will be communicated via email.

Preschool- Super Bees (4-5 year olds – not in school yet) 1 hour class

Fun, fitness, gymnastics skills and more! Watch as our children learn to love movement and gymnastics. We promise to be one of your child's richest preschool experiences.