





Exciting new resource to share with pediatric patients!

The Martial Arts Super Power Kit is designed to teach therapeutic martial arts techniques in a fun, activity based form, with or without an on-site Heroes Circle program.

"breathe in the light and blow out the darkness" and conquer their pain, fear, and anger.

Request copies





Class Schedule

All Classes Are Virtual

Monday

6:00 pm

Tuesday

4:30 pm

Wednesday

Little Heroes

(3-6 years-old)

4:30 pm

Heroes Circle (6+)

6:00 pm

Thursday

6:00 pm

Register for Classes at:

