

American Karate System

The American Karate System is unique from most other martial arts for many different reasons. The components of our self defense system is the main asset that separates us. Most martial arts are very rigid in their approach towards classes and self-defense. For instance, if you take Karate, all your classes will consist of low level kicks and straight forward punching techniques. If you go to a Tae Kwon Do school, all you will do is kick, jumping kicks, spinning kicks and very little punching, with limited Self Defense focus. If you go to a Judo school, you will learn to grapple but you will not work on any striking techniques. This approach is fine, but we feel that there is no perfect art out there and the best way to learn, is to combine aspects of all of these so there is a wide array of knowledge.

Our philosophy, *is to not get beat by the technique you didn't bother to learn*. As far as tradition is concerned, we feel we are a traditional school, and some of our training is very old and traditional. On the other hand we also feel that just because it was great back then, it might not be so great now.

The amount of research that has been done throughout the years has advanced peoples potential ten fold. So we like to incorporate New Age training into our program, because we feel this creates the best students. This element also helps to increase peoples learning and their desire to stay, because they work on *many different* aspects of training.

We want you to be comfortable in the three different ranges of fighting.

1. ***Outside*** - in the kicking zone
2. ***Midrange*** - in the kicking and punching range
3. ***Inside Range*** - where you only have room to throw elbow and inside hand techniques.

Finally, most fights end up on the ground. If you can't fight on the ground, then you just can't fight.

We don't have to make you a world champion grappler, but we want to make you feel comfortable on the ground, and give you the confidence to know there are plenty of things that can be done very easily, if you find yourself in this situation. We realize Our System may not be the best system for everyone, and that's fine, But we feel that Our System can prepare you for most every aspect of a fight!

The Instructing Team at:
USA MARTIAL ARTS ACADEMY