

Kempo Practice Group ((Cobb County))



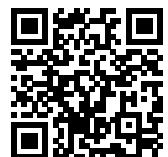
Location **Georgia**
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Kempo Karate is a comprehensive Okinawan martial art with Kicking and Punching, Joint Locking, and Throwing techniques. It could be thought of as one art with techniques of Kickboxing, Aikido, Jujutsu and Close Quarter Combatives. Also, students may enjoy weapons training, meditation and yogie practices.

We are a small private practice group and have openings for a few motivated students. Due to the nature of our training and the combative techniques used, we only accept adult students. We often train outdoors and our training might be described as "old school" and rigorous. At the same time our practice is very rewarding and enjoyable, with benefits in our daily.



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