

American Freestyle Karate is a complete Martial Arts Instruction and Training Center.

Our core curriculum is a fusion of the *Shotokan*, *Tae Kwon Do* and *Aikido* martial arts systems. This curriculum combines the most practical techniques from each of these three honored traditions to create a unique and highly effective system.

Shotokan is perhaps the most comprehensive of all the Japanese and Okinawan karate styles. The founder of Shotokan is the instructor who actually coined the phrase "kara te," or "empty hand" as we translate it in the west. *Tae Kwon Do* is the well-known Korean martial arts system that stresses the use of kicking techniques. *Aikido* is a Japanese martial art that utilizes wrist locks, throws and the attacker's own momentum to create extraordinary self-defense techniques.

The American Freestyle curriculum is also an active, aerobic, body-sculpting fitness program. In class workouts nearly all activity is in the middle of the aerobic range, with plenty of intervals. Fitness experts have determined that mid-range aerobic activity produces the greatest fat-burn.

This curriculum is taught in several instruction programs at AFK.

The AFK *Tiger Paws* program is for students aged three to five years. These very young students meet for one, thirty-minute class per week. During these sessions they learn basic discipline, practice respect for others and have some fun. Progressing at their own rate, they will also begin to learn the American Freestyle Karate system.

Our *Traditional Karate Program* is for students age five and up. In this primary program the full American Freestyle curriculum is offered during evening, daytime and weekend classes. Children and adults workout at the same time in the same facility. Family members are encouraged to study together and discounts are available to make this more affordable.

Using the curriculum's Belt Ranking system, students of similar ability are grouped together for classes. Beginners workout with other beginners, intermediates workout with their colleagues, and so on throughout the belt ranks.

AFK's *Drop-In Facility After School Martial Arts Program* is offered to students in grades K – 8. The American Freestyle curriculum is offered during special daily classes for these children. After School Kids also do their lessons in a scheduled, supervised homework period, receive a snack, participate in group games and enjoy free time for play. A full-day version of the After School Program is offered in our *Summer Karate Camp*. Details of that program are available on a separate page located on this site.

In addition to the American Freestyle curriculum AFK also provides instruction in Ancient Weapons, including Bo Staff, Nunchakus, Sword, Kamas, Escrimas and others. Students learn training katas for these weapons and enjoy opportunities to spar, with proper protective gear and in a carefully supervised environment.

Seminars and Special Student Events are offered on a regular basis at American Freestyle Karate. Seminar topics range from in-depth instruction on a particular ancient weapon to training sessions with world renowned martial artists, including multi-world-championship-holders, Steve Anderson and Joe Lewis. AFK Special Events are generally just opportunities to get together and have some fun . . . parties, sleep-overs and public demonstrations of students skills are a few examples.

The AFK *Black Belt Club* is a special group of students selected from the Traditional and After School programs. Students who present the focus and discipline required to achieve the level of Black Belt are invited to join the club after they reach the rank of Orange Belt. Black Belt Club members meet each Saturday at 1pm to engage in classes, structured for the more advanced student. Black Belt Club members must also commit to a term of student membership that will allow enough time to achieve the Black Belt. They also receive special discounts on martial arts merchandise, seminars and any other school activities that require fees.

American Freestyle Karate also sponsors an active competition team. The AFK Competition Team has trained hundreds of champions and holds the singular honor of winning the first three State Team Karate Championships sanctioned by the Virginia Karate Alliance.

Now in continuous operation for over thirty years, American Freestyle Karate is the oldest and most honored martial arts school in the Roanoke Valley. Studying and training at AFK is much more than a fitness club experience. Students here are also committed to each other. Many have developed life-long friendships that go far beyond the dojo floor.

To learn more about American Freestyle Karate, please phone, email or visit the school using the contact information displayed here.

