

Membership Rates

10-Day Student Trial: Free

Online Subscriptions:

www.aikiuniversity.com Free

www.gracieuniversity.com Free

www.graciekids.com Free



Registration: \$90

(includes custom uniform, academy t-shirt & car magnet)

Month-to-Month Training Agreement: Direct Deposit via Credit Card or Checking Account

Adult: \$109

Youth: \$99

Private Instruction

1 Hour \$65

Discounts:

Family 10% (1st family member)

15% (2nd family member)

20% (3 or more members)

803.546.6079

www.cartersacademy.com

senseicarter@gmail.com

Little Samurai: Ages 4, 5 & 6

In this class, we teach your child the fundamentals of martial arts. They'll gain a positive attitude toward self-defense and explore fun martial arts activities. It emphasizes falls and rolls, balance and footwork rather than punches and kicks. Children in this program also have an opportunity to learn life, safety and socialization skills as they interact and have fun with peers.

Youth Aikido: Ages 6 to 12

We teach something of value, yet fun, in a non-competitive atmosphere where all can achieve their maximum capability. Self-defense and positive self-image are emphasized. Learning self-discipline and self-control gives the students confidence to be assertive without being aggressive. Small classes give personalized attention where students learn to cooperate with others, listen and speak with respect. They display much more ability to focus and concentrate on the task at hand. This particular attribute enhances the other aspects of their lives. It is not uncommon for our students to report better grades at school, less social problems with classmates, and a less contentious home life. Besides physical development, coordination, balance, and poise through exercise and basic self-defense techniques, the emphasis is on non-violence, safety, and patience.

Youth Jiu-Jitsu: Ages 6 to 12

Most martial arts programs rely on striking the attacker with violent punches, kicks, knees, and elbows, but in the Gracie Bullyproof program we take a different approach. All the techniques are purely defensive and utilize no strikes. Furthermore, we teach children how to defuse confrontations with words and never to initiate physical aggression. If attacked, we offer techniques to non-violently neutralize the threat and gain control until help arrives. In the Gracie Bullyproof program, we teach the children how to fight fire with water so that you never have to worry about your child becoming a bully under our guidance.

Adult Group Class: Ages 13 & Up

Nihon Goshin Aikido (*The Best of Aikido, Jiu-Jitsu, Judo & Karate*)

In the 1940's, Nihon Goshin Aikido was founded by Master Shodo Morita in Hokkaido, Japan. Shodo Morita had mastered many traditional Japanese martial arts such as Aikido, Jiu-Jitsu, Judo and Karate. He combined techniques from each style to form a practical, well-rounded and efficient martial art. His goal was to create a simple and effective martial art that anyone can learn. This led to the birth of Nihon Goshin Aikido. A modern, street-effective martial art for men, women and children from all walks of life. Today, Nihon Goshin Aikido is organized into a clear and concise set of 50 techniques. At each of the 5 belt levels, students will learn 10 self-defense techniques consisting of throws, joint-locks, strikes and grappling. In fact, many law enforcement agencies throughout the world utilize Aikido techniques in their defensive tactics training.

Gracie Jiu-Jitsu Combatives (*The Best of Gracie Jiu-Jitsu*)

In the 1920s Grand Master Helio Gracie created Gracie Jiu-Jitsu. Proven over the last 80 years to be the most reliable system for a smaller person to defend themselves against a larger, more athletic attacker on the ground, the techniques of Gracie Jiu-Jitsu are based on precise timing and effective use of leverage so that virtually anyone can do it, man or woman, regardless of their size. Although Gracie Jiu-Jitsu consists of over 600 techniques, studies have shown that 36 techniques have been used more often and with greater success than all the other techniques combined. The techniques featured in Gracie Combatives have been adopted by the U.S. Army, Navy Seals, Secret Service, FBI and countless other law enforcement agencies around the world.