Dear Martial Arts Students –

Hi! We're glad you chose martial arts for one of your classes this semester!

My name is Johnny Peavey with Top Kick Karate, I will be teaching the Fall semester martial arts class. We will be having a lot of fun getting active with a purpose. We will learn how to punch, kick and block based on Taekwondo techniques. We will also learn some basic self-defense movements. We might even break some boards!

Remember to wear comfortable clothing you can stretch, jump and move easily in. Girls – always wear shorts underneath any skirts/dresses each week. We will be doing warm-ups like sit-ups and push-ups in each class.

Looking forward to a fun semester!

Master Peavey