

About us  
Senior Professor Benn Cohen holds a 7th degree Black Belt in Ed Parker's American Kenpo (EPAK) with nearly 40 years' experience in the Kenpo system and various other Martial Arts including Judo, Aikido, and Kick Boxing. Mr. Cohen studied under Senior Grand Master (SGM) Ed Parker, the founder of American Kenpo, and his Vice President, Senior Master Joe Palanzo in Baltimore, MD. He later managed the Baltimore dojo for Mr. Palanzo where he received special tutelage and personal instruction. Between 1988 and 2001 Mr. Cohen owned 3 Kenpo schools and a gym in the Orlando, FL area having more than 450 active members for many years. During that time he produced more than 100 State Champions. Mr. Cohen is a two-time Florida State Champion in fighting and was ranked in the top 5 in the country in 1993 and 1994. He also won several National tournaments including the Blue Grass National Karate Championships. He was the starting middle weight fighter for the United Professionals National Karate Team having defeated over 100 nationally ranked fighters. He is also a former SAG actor who appeared in four Martial Arts movies including: Mortal Kombat and three Don "The Dragon" Wilson movies. Mr. Cohen can be found here in the American Kenpo "Family Tree". [www.kenponet.com/flame/tree/p/joe\\_palanzo.html](http://www.kenponet.com/flame/tree/p/joe_palanzo.html)

# Martial Arts Classes



American Kenpo (translated to "law of the fist") is a martial art characterized by the use of quick hand strikes, chops, knees, elbows, claws and kicks in rapid succession. The multitude of fast strikes serves to overwhelm the opponent as well as cause maximum damage therefore neutralizing the threat as quickly as possible. Furthermore, this system of self-defense focuses on practical application and natural body movement making it the most practical form of self defense for any age or gender.

## Weekly Schedule (7am-3pm M-F by appointment)

|   |   |  |  |  |   |  |
|---|---|--|--|--|---|--|
| <b>Little Dragons</b><br><b>Ages 3.5-6</b><br><b>M 3:30-4:00</b><br><b>T 5:15-5:45</b><br><b>W 3:30-4:00</b><br><b>Th 5:15-5:45</b><br><b>F 3:30-4:00</b><br><b>S 9:00-9:30</b> | <b>White/Yellow</b><br><b>Jr. Ages 7-11</b><br><b>M 4:15-5:00</b><br><b>T 6:00-6:45</b><br><b>W 4:15-5:00</b><br><b>Th 7:00-7:45</b><br><b>F 5:15-6:00</b><br><b>S 9:45-10:30</b> | <b>Orange-Blue</b><br><b>Jr Ages 7-11</b><br><b>T 4:15-5:00</b><br><b>W 6:15-7:00</b><br><b>Th 6:00-6:45</b> | <b>Orange &amp; UP</b><br><b>Jr Ages 7-11</b><br><b>M 5:15-6:00</b><br><br><b>Orange &amp; UP (Sparring)</b><br><b>Jr. Ages 7-11</b><br><b>F 4:15-5:00</b><br><br><b>Orange &amp; UP Sparring</b><br><b>All Ages</b><br><b>S 10:45-11:30</b> | <b>Leadership/ Demo/ Jr Inst</b><br><b>M 6:15-7:15</b> | <b>Demo Team/ Leadership</b><br><b>S 11:45-1:00</b> | <b>Intro's/ Private Class</b><br><b>T 3:00-4:00</b><br><b>Th 3:00-4:00</b> |
| <b>Green &amp; UP Jr and Teen</b><br><b>T 7:00-7:45</b><br><b>W 5:15-6:00</b><br><b>Th 4:15-5:00</b>  | <b>Teen/Adults</b><br><b>M 7:30-8:30</b><br><b>T 8:00-9:00</b><br><b>W 7:15-8:15</b><br><b>Th 8:00-9:00</b><br><b>F 6:15-7:15</b>   | <b>Intros/Open Mat</b><br><b>F 7:30-8:15</b><br><b>S 1:15-2:00</b>   |  |  |   |  |

**Sparring Days**  
**Mondays, Fridays, Saturdays**

**Parties/Special Events**  
**Saturdays 2:30PM-4:00PM**

Our Student Creed

*I intend to develop myself in a positive manner, and to avoid anything that would reduce my mental growth or physical health.*

*I intend to develop self-discipline, in order to bring out the best in myself and others.*

*I intend to use what I learn in class constructively and defensively to help my fellow man; and never to be abusive or offensive.*