Beginner Mixed Martial Arts Classes Are A Big Hit For San Diego Residents

March 19, 2020

March 19, 2020 -
El Cajon, California based James Martial Arts Academy is pleased to announce that they now offer Kajukenbo and Kosho-Ryu Kenpo-jujutsu Beginner classes for those living in the greater San Diego area. The James Martial Arts Academy has a range of classes available for students of all capabilities throughout the week and weekend.

Conveniently located just off the Fletcher Parkway, their studio is the perfect destination for those looking to improve their functional fitness, self defense skills and confidence in adult-only beginner classes. Their location can be viewed at: https://mgyb.co/s/Ee7fG

Darryl James, speaking on behalf of James Martial Arts Academy, says, ?We have had continually growing demand for more classes from those who have learned that martial arts is a great way to get into shape that also helps them in many other areas of their lives. In particular, many have asked for Kajukenbo, a hybrid martial art from Hawaii that combines Karate, Judo and Jujutsu, Kenpo and Boxing, which helps both women and men develop defensive skills quickly.

"We are also offering Kosho-Ryu Kenpo-jujutsu, another balanced self-defensive martial art for those who want to become proficient in defensive tactics. It also helps our students develop a mindset that they can and will defend themselves?this is particularly important for women who want to understand situational awareness and risk assessment as well as which verbal and psychological strategies they can use. Full details can be found on our website, or you can call us to speak to someone in confidence too.?

The Academy was recently featured on the USA Today news site in an article that explores how adults are learning new skills by turning to martial arts training for both self-defense and fitness. James is quoted

saying, ?Martial arts is far more than just kicking, self-defense, punching and getting the next colorful belt, it?s about developing confidence, discipline, character, focus and respect.? The full article can be read at their Media room, here: https://www.pressadvantage.com/story/32307-james-martial-arts-academy-offers-martial-arts-classes-for-beginner-adults.

According to the article, the Academy ensures that every class supports growth in mind, body, and character. James goes on to say that their programs can help any student reach the next level, regardless of their experience or age, with the help of the Academy?s experienced trainers and proven techniques. The Academy strives to help each student reach their fitness and martial arts goals with challenging classes.

Notably, many students have left reviews online praising their time with the Academy?s instructors. Everett Winston, who has taken up Kajukenbo and Kosho-Ryu and gives the Academy 5-Stars in their Google review, says, ?I?m so glad I found this dojo and Sifu DJ. I feel great after every class, filled with his knowledge on the arts of Kajukenbo and Kosho-Ryu. The fees are reasonable, and the classes are three days a week. The adult classes are awesome! I just wish I would have found him sooner.?

Demand for mixed martial arts training has been growing across San Diego for several years. The James Martial Arts Academy caters for every age group and skill level with well rounded programs, starting from 4-5 years with Junior, Kids and HomeSchool Martial Arts, which are accompanied by Bullyproof training, Women?s Self-Defense training, Teen Martial Arts, Kung Fu and Functional Fitness.

Martial arts training offers many benefits from both a physical fitness as well as a mental perspective. Developing new skills under the supervision of a professional instructor, in classes which motivate students to excel and also encourage the development of confidence, respect, situational risk assessment and many other skills, is why so many students stick with the James Martial Arts Academy. Full details regarding all their programs and the kinds of benefits which can be obtained by training at the Academy can be found here: https://mgyb.co/s/WQPDo.

Those who wish to find out about the classes? availability are welcome to contact the Academy?s representatives and speak with them for further details. More information about James Martial Arts Academy can be found on their website as well. Those who are active on social media are invited to connect with them on Facebook where they frequently share updates, videos and news about their classes.

###

For more information about James Martial Arts Academy , contact the company here:James Martial Arts Academy Darryl James8338940191ask@jamesmartialartsacademy.com2356 Fletcher ParkwayEl Cajon, CA 92020

James Martial Arts Academy

I?m Sigung Darryl James Chief Instructor, and I with my wife Cheryl a practicing Child Psychotherapist and faculty member at San Diego State University and the proud owners of the James Martial Arts Academy. As a martial arts instructor with extensive exp

Website: https://jamesmartialartsacademy.com/

Email: ask@jamesmartialartsacademy.com

Phone: 8338940191