



GET STARTED

ABOUT

WHAT WE OFFER

MEMBERSHIP

BLOG

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CENTRAL PARK'S #1 RATED MARTIAL ARTS PROGRAM

LEARN MORE



**TEENS & ADULT
MARTIAL ARTS**



**LITTLE
DRAGONS**



**KARATE
KIDS**



**FAMILY
CLASSES**

FILL OUT THE FORM FOR **ACCESS TO SCHEDULE**

First Name:

Last Name:

Email:

Phone:

Primary Interest:

SUBMIT

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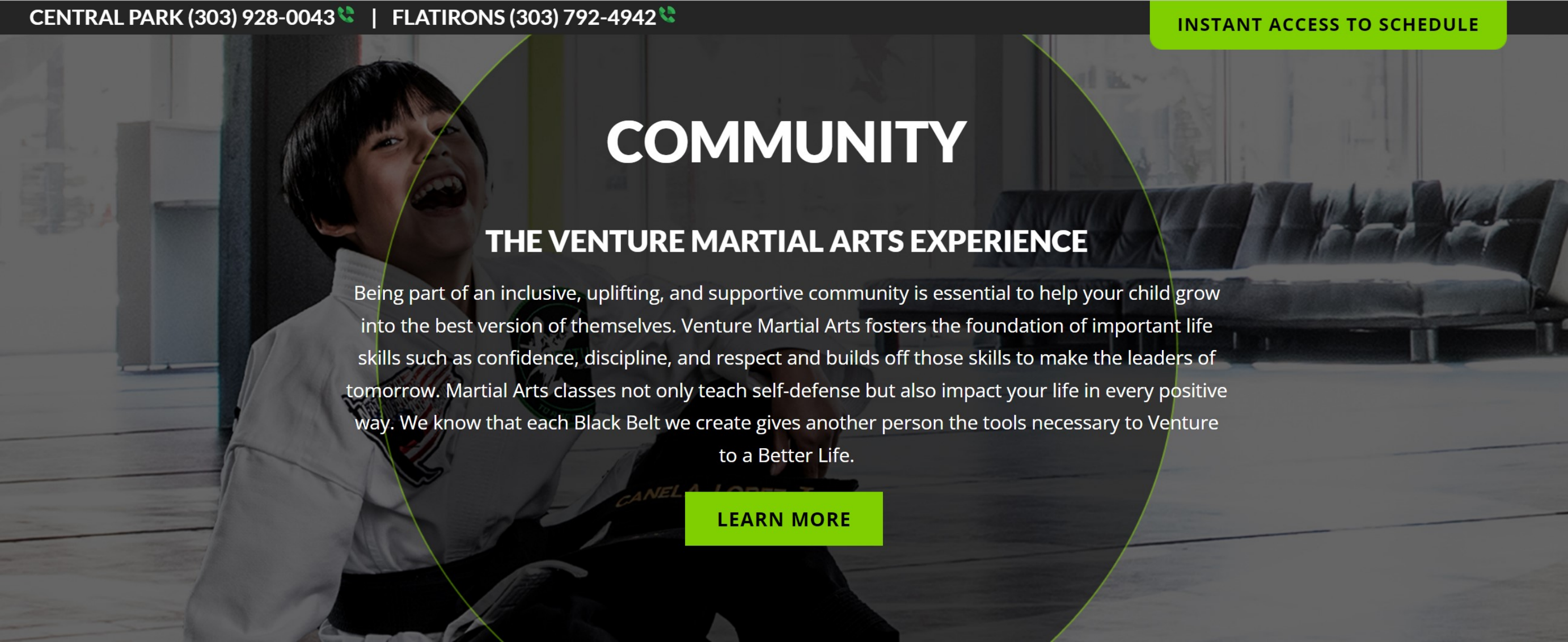


COMMUNITY

THE VENTURE MARTIAL ARTS EXPERIENCE

Being part of an inclusive, uplifting, and supportive community is essential to help your child grow into the best version of themselves. Venture Martial Arts fosters the foundation of important life skills such as confidence, discipline, and respect and builds off those skills to make the leaders of tomorrow. Martial Arts classes not only teach self-defense but also impact your life in every positive way. We know that each Black Belt we create gives another person the tools necessary to Venture to a Better Life.

LEARN MORE



WHAT OUR MEMBERS SAY



"Building discipline, character and skill takes time. The instructors are patient, encouraging and take the time with each child to give personalized attention. The single best investment I've made for awhile!!! These kids are learning about themselves, challenging themselves and building confidence. Keep it up!!"

-Sheila A.



"We highly recommend Stapleton Family Karate! We put our son in classes last year and the difference in his confidence, attitude, and physical ability has been dramatic. The instructors are all amazing human beings and the care they give to each kid doesn't go unnoticed. It's evident that they love what they're doing and spread that passion to all of their students."

-Madisson B.



"We started our daughter at Stapleton Family Karate a few months ago and love it! Our daughter enjoys going to class and my husband and I love watching her progress in class. The instructors are wonderful! I love that they not only teach my daughter karate, but how to handle bullies, bad situations, focus, attitude, and respect."

-Amber E.

SUBMIT A REVIEW

CENTRAL PARK (303) 928-0043 | FLATIRONS (303) 792-4942

INSTANT ACCESS TO SCHEDULE

SIGN UP TODAY TO

SCHEDULE

SIGN UP



BENEFITS OF MARTIAL ARTS

While Martial Arts lessons like karate and taekwondo teach the fundamentals of kicking and punching, the benefits of the skills learned through practice are far greater than that piece. From a physical standpoint, Martial Artists gain strength and flexibility through their training. Students learn to improve coordination and reflexes. They become more physically fit throughout their training, improving their cardiovascular health and nervous system function. Their overall health improves.

Not only are there physical benefits, but mental benefits as well. Students are taught to learn and embrace the nine life skills that they will take with them for the rest of their lives. The life skills are respect, discipline, focus, attitude, perseverance, integrity, confidence, goals, and dedication. How each life skill is taught in class and applied to their lives is described below.

+ RESPECT	+ INTEGRITY	+ DEDICATION
+ DISCIPLINE	+ PERSEVERANCE	+ HOW MARTIAL ARTS CAN CHANGE YOUR LIFE
+ FOCUS	+ CONFIDENCE	+ HOW MARTIAL ARTS CAN BENEFIT YOU AND YOUR FAMILY
+ ATTITUDE	+ GOALS	

Venture Martial Arts is at the heart of the Central Park Community. The students and instructors partake in events to support the community. They work to spread the message and skills learned in classes to create a place of belonging for everyone.

Family-owned and operated, Venture Martial Arts is the ideal environment for you and your family. Family classes encourage the entire group to learn and grow together. Parents and students become lifelong best friends and support each other through every step of achieving a black belt.

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INSTANT ACCESS TO SCHEDULE



 **CENTRAL PARK (303) 928-0043** 

8270 NORTHFIELD BLVD #1450, DENVER, CO 80238

● **OUR OTHER LOCATION – FLATIRONS (303) 792-4942** 

61 W FLATIRON CROSSING #344, BROOMFIELD, CO 80021



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