

Welcome!

Thank You for your interest in Homann Karate Do, Inc. Homann Karate Do provides Friendly and Certified instructors in which they teach using positive reinforcement. Our karate programs are regarded as one of the best in the country. Homann Karate Do has been inducted into Martial Art's Hall of Fame for School of the Year!

We realize the ability to defend oneself is important, but we also expect our students to become achievers striving for Black Belt Excellence. While striving for Black Belt Excellence you or your child will learn anti-abduction skills, bully avoidance, friendships, respect, concentration, positive attitude, self-defense, patience, discipline, and confidence. Karate is the only sport that teaches virtues and character building which become a practice for life. Karate also teaches hand-eye coordination, improves reflexes, and develops overall athleticism which aids an individual with all other physical activities.

Sign up today with our Elite Team, highest ranking instructors in North West Indiana. Our school and instructors have produced National and International champions. USA team members competing at the highest level, representing the USA in International competition. Both of our schools are state of the art and one of the biggest in the country, providing you with all the tools for individual accomplishments and to produce elite athletes. We look forward to working with you!

Little Ninja's

This class is designed for a 3 - 4 year old child. This program teaches stranger danger, manners, discipline, focus and; the basic punches, kicks and blocks. It also reinforces what they our learning in pre-school by using shapes, colors, numbers, and memory drills.

Kinder Kids

This class is designed for 5 to 7 year old child. This program is divided into Kinder Beginner and Kinder Advance. We teach good learning habits; listen skills, focus and concentration in order to achieve success in karate and school. Kinder kids will learn to set goals and to be achiever's.

Youth Kids

This class is designed for 8 to 12 year old child. To achieve accelerated learning we divide the classes into 3 programs. Youth Beginner, Youth Intermediate, and Youth Advance. This allows the student to advance more rapidly by teaching at each students ability. We teach over 30 classes a week to challenge each students level. In these classes students are also taught basic character building along with learning motivational skills, goal setting, how to deal with bullies and strangers. The most excitement and rewarding of these programs is watching your child's self esteem, concentration, and confidence improve at home and at school.

Adult Program

Adult Karate is excellent for anyone who wishes to increase energy, enhance flexibility, a positive way of getting into better shape or maintaining your athletic stamina, relieve stress, increase coordination, and higher self-esteem. Each person will benefit in all of these areas and learn the Art of Karate Do.

Family - **Courage** - **Community** - Fun - **Commitment**
Compassion - **Confidence** - Honor - **Leader**
Cooperation - **Determination**
Enthusiasm - **Tact** - **Excellence** - Flexibility
Integrity - Respect - **Patience** - **Self Discipline**
Honesty - **Responsibility** - Trust - **Loyalty** - **Balance**
Teamwork - Discipline - **Friendship** - Achievement
Concentration - **Humble** - Perseverance - **Assertiveness**



Homann Karate Do is Husband and Wife family business with the best instructors in Indiana. Sensei Kim Homann is a 2nd degree black belt who is a Licensed Teacher with a bachelor's degree from Indiana University. She is always continuing her education specializing in children development.

She is certified to teach

Afternoons R.O.C.K in Indiana

(Funded by HHS/SAMHSA/Center for Substance Abuse Prevention/State Incentive Grant Initiative-Awarded to the Office of the Governor administered by FSSA/Division of Mental Health & Addiction.)

Afternoons R.O.O.K is a **6 Week Free** after school (4:00-7:00 p.m.) program for 10 to 14 year old's in Lake County. The youth will be provided with healthy snacks, learn prevention skills, bully avoidance skills, participate in leadership games, teamwork, crafts, and karate instruction for each day the program runs. The after school kids will also, participate in a karate demonstration and award's ceremony at the end of the program to demonstrate what they have learned in 6 weeks.

Call for details to enroll for our next program. Program only runs during the school year.

Homann Karate Do is working to educate our community's youth to be leaders for the future!



Grand Master Brett Homann

Has been training since the age of 4, & has 33 years experience in Karate Do. He is a 7th Degree Black Belt in Ryu Kyu Kempo and a 2nd Degree in Soryu Karate Do. He is a National and International Champion. Member of the U.S. Karate Team for 8 years, where he represented his country competing in Japan, Brazil, Costa Rica, Dominican Republic, Curacao and Greece. Competed at 2 Pan-American Championships. Chosen to be one of the first to train at the Olympic Training Center in Colorado Springs for karate. He has been inducted into 4 International Black Belt Hall of Fames. He has also been seen in Black Belt magazine, Inside Kung Fu, American Karate, Action Martial Arts magazine and a cover story in Karate Profiles.

Also Available At Homann Karate Do:

Crown Point Karate Booster Club:

501 C Non Profit Organization.

Booster club is to help provide school aged karate students scholarships & other financial assistance to both further their advanced education & to further their chances to participate at an international level.

Also Available At Homann Karate Do:

Ne Waza Jutsu: Ground defense classes. (Jiu Jitsu)

Kyu sho Jutsu: Pressure Point classes.

Tai chi: Day classes

Birthday Parties: Birthday parties can be for students in karate or non-karate students from ages 5 to adults. Birthday parties are 2 hours in which participants will receive 1 1/2 hour of karate instruction and karate games. The other 30 min. will be for the MVP (the b-day person) and his/her guest to enjoy food, cake, and presents. *Karate Birthday Parties are a blast and one of the most memorable experiences!*

Private Lessons: one on one instruction. 50 min. sessions.

Private Group Rate Lessons: Private instruction for special groups. Lessons are for all different types of groups and organizations (Police Departments, Fire Departments, Women Shelters, Boys and Girls Scouts, Business Corporations, etc..) or for anyone that wants to get a group of friends together to learn self defense. To have a private group lesson you will need a minimum of 10 people. (\$10 per person.)

For more information on birthday parties, private lessons or group lessons. Stop in or call and ask for Kim Homann 661-0085.

*Join Today with our
Introductory Special!
only \$69.00*

**Includes:
Uniform, Semi Private Lesson,
Gloves, and a month of
Unlimited Karate Classes.**

Try our school for one month with NO Obligations!

Homann Karate Dō Tradition of Champions



Call & Join our Winning Team!

661-0085

www.HKDCHAMPIONS.com

Homann Karate Do
120 N. Main St.
Crown Point, IN 46307

&

Homann Karate DO 2
1804 Franklin St.
Michigan City, IN 46360