

## Kempo

Shaolin Kempo Karate

**Kempo Karate is considered one of the best Martial Arts systems available. Kempo is very progressive compared to many traditional systems. It is one of the first to include women students in the dojo and of the first to teach self defense outside of Kata (forms). Adults and children alike gain many benefits from practicing Kempo...self confidence, discipline and body/mind control. We at Avon Kempo & Aikido Academy are proud to have one of the most comprehensive and educational children's programs in the Martial Arts. In today's society the ability to control, defend and better oneself is a goal worth achieving.**

## Aikido

"The Way of Harmony"

**Aikido is considered a passive, non-aggressive Martial Art. It is an extremely soft, almost purely defensive Martial Way that places great emphasis on complete relaxation of body and mind. Techniques are all based upon reaction to an attack and involve arm and leg motions that are all nearly circular.**

**"Words and letters can never adequately describe Aikido...its meaning is revealed only to those who are enlightened through hard training."**

Website: [www.avonkempoaikido.com](http://www.avonkempoaikido.com)

Email address:

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Instagram: [avonkempo](https://www.instagram.com/avonkempo)

## Weapons

**Eye-hand coordination and body control are improved by the teaching of Martial Arts Weapons. The movements developed in Weapons practice are directly related and incorporated into the Empty Hands applications.**

**The 18 different Weapons taught are from various styles including Okinawan and Japanese Karate as well as Chinese Kung Fu. Students are required to practice and perform Kata as well as practical application techniques with any Weapon they study.**

**The Weapons taught are Bo and Jo Staff, Nunchaku, Tonfa, Sai, Kama, Naginata, Bokken (wooden sword), Fan, Tanto, Hook Swords, Katana (live blade), kubatan, double daggers, Sectional Staff, Broad Sword, Cane, and Escrima Stick.**

## OWNERS/INSTRUCTORS

Master Dominick Violante began Martial Arts training in 1977. He is a Master Level Practitioner 8th Dan Black Belt of Kempo Karate and is ranked 4th Dan Black Belt in Aikido. In addition, he holds a black sash in White Crane/Long Fist Kung-Fu. Master Violante was an instructor for the Mass. Criminal Justice System instructing state, local and Auxiliary Police Officers for more than 15 years and became the first non-police officer to be certified in the R.A.D (Rape Aggressive Defense) Program. Master Violante had a seat on the Board of Directors for the Mass. Reserve Police Federation as the advisor for defensive tactics. He has developed numerous self defense programs recognized by the Mass. Board of Education. Master Violante is an inductee to The USA Black Belt Hall of Fame and The Universal Hall of Fame.

Master Jeanene Violante began training in 1992 and holds the rank of 5th Dan Black Belt in Kempo Karate. She has over 28 years of experience in teaching and operating a Dojo (martial arts school). Master Jeanene has been very successful in Tournament competition placing at all ranks for sparring, forms and weapons. She grew up in Avon and has moved back to the town with her husband and two children, Alex and Leah.

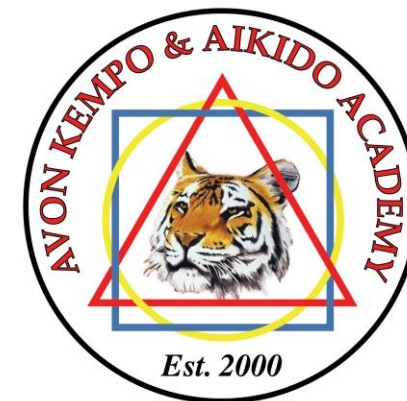
The Violantes have trained more than 200 students to become black belts with many now operating schools of their own. The Avon Kempo & Aikido Academy is family owned and operated, with **NO CONTRACTS OF ANY KIND** and over 33 active black belts. The Violantes are proud to be part of an elite group of married couples nationwide that have both reached Master Level in the martial arts and still actively teach on a daily basis.

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**Martial arts classes for men,  
women and children...family  
owned and operated...**

**Generous family discounts  
(NO CONTRACTS OR LONG  
TERM OBLIGATIONS)**

**Shaolin Kempo Karate  
Traditional Aikikai Aikido  
Chinese, Japanese and  
Okinawan Weapons**

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