

# ATHLETICS

# MARTIAL ARTS

## Dragon Tots

Structured on semi-traditional format, emphasizes self-discipline, accountability, goal setting and respect. Participants will learn basic techniques utilizing coordination, balance, timing and repetition. (JU)

<b>3-6 yrs</b>		<b>\$75/\$90</b>	
M,W	5/4-6/29	5:15-6:00pm	104603-01

## Karate

### **6-60 yrs**

Students have the opportunity to earn colored belt ranks at the end of the session. Parents may sign up to take the class with their child, \$15, one parent, one day or \$30 one parent, two days. (JU)

## Beginner

A structured and semi-traditional class format that emphasizes self-discipline, accountability, goal setting and respect. Participants will learn basic techniques with an emphasis on coordination, balance, timing and repetition.

### **6-60 yrs**

M	5/4-6/29*	6:00-7:00pm	\$62/\$75	104600-01
W	5/6-6/24	6:00-7:00pm	\$62/\$75	104600-02
M,W	5/4-6/29*	6:00-7:00pm	\$80/\$95	104600-03
No class 5/25				

## Intermediate

Conducted in a structured and traditional format, this class emphasizes self-discipline, accountability, goal setting and respect. Participants will learn basic techniques with an emphasis on flow, power, technique, and transition. Participants will begin learning falls, basic throws, wrist controls, joint locks and advanced forms (Kata).

M	5/4-6/29*	7:00-8:00pm	\$62/\$75	104601-01
W	5/6-6/24	7:00-8:00pm	\$62/\$75	104601-02
M,W	5/4-6/29*	7:00-8:00pm	\$80/\$95	104601-03
No class 5/25				

## Advanced

This class emphasizes power, flow, timing, balance, focus, intent, transition, breathing, combination techniques, and weapons training. The class stresses self-discipline, goal setting, self defense, and accountability. Participants will learn counter techniques, self defense applications, and intermediate techniques, with an emphasis on coordination, balance, timing, and repetition.

M	5/4-6/29 *	8:00-9:00pm	\$62/\$75	104602-01
W	5/6-6/24	8:00-9:00pm	\$62/\$75	104602-02
M,W	5/4-6/29*	8:00-9:00pm	\$80/\$95	104602-03
No class 5/25				

## Judo (sport): Simple and Basic

Judo is two individuals who, by gripping uniforms, use forces of balance, power, timing and physics to subdue their opponents. Judo does not use striking techniques of any kind. It's a purely defensive sport, based on other's aggressive moves. It involves techniques of throwing, grappling, submission holds. It all starts from a standing position and then moves to the ground for submission techniques or to pin your opponent. Promotions are based on competitions from green, brown and black belt ranks. Uniforms are mandatory as are four competitions per year. Great cross training for wrestlers of any age. (JU)

<b>5+ yrs</b>		<b>\$80/\$95</b>	
Tu & F	5/1-6/26	7:15-8:15pm	104609-01

## Jujitsu

Japanese class of self-defense with emphasis on empty hand and leg applications. We stress values such as respect, honor and integrity. Jujitsu is called the gentle hand way. It allows the defender to accept the force from the attacker and turn it back on themselves. This class covers beginner to advanced empty hand self-defense applications, such as joint locks, throws, striking techniques, escapes, wrist controls, and falling both basic and advanced. Throwing is a basic part of jujitsu and ground work. Most MMA sport techniques are based on combat applications taught by jujitsu. Uniforms are mandatory after first class. Please see instructor. (JU)

<b>10+ yrs</b>		<b>\$80/\$95</b>	
Tu & F	5/1-6/26	7:15-8:15pm	104607-01

## Tai-Chi

Tai Chi has been around for over 500 years but it is exploding in the American market! Tai Chi provides a beneficial impact on health through moving meditation. The exercises are easy to do, have low aerobic impact and are done slowly with natural body alignment, movement and breathing. Tai Chi is the practice of kinetics, musculature, skeletal and ligament alignment, moving posture and breathing. Join us if you need a low impact aerobic routine. Please wear loose fitting clothing. (JU)

<b>16+ yrs</b>		<b>\$70/\$85</b>	
Th	5/7-6/25	7:15-8:15pm	104605-01

## Women's Self Defense

What is self-defense? The ability to change a situation that will put you in a situation of safety before it happens, when it happens and after it happens. This 4 week self-defense class will cover topics such as awareness, situational scenarios, mental preparedness, self-defense scenarios and applications. Please wear comfortable clothing. (JU)

<b>12+ yrs</b>		<b>\$45/\$55</b>	
Sa	6/6-6/27	10:00 -11:30am	104611-01