

MARTIAL ARTS

Aikido - Introductory Children's (6Y-14Y)

Students learn about the philosophy of Aikido, a traditional Japanese art, along with the basic movements and skills to fall safely. Drills in the class help to increase strength, flexibility, coordination and mental focus. Students work toward the Yellow belt level in this course.

Sa	Jan 9-Apr 24	09:00 AM-10:00 AM	\$110/14	[17137]
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Aikido - Continuing Children's (6Y-14Y)

This course is for students who have completed their yellow belt. Students learn to redirect an opponent's power and resolve conflicts without injury to either party. This class emphasizes fun and teaches respect, relaxation and self-confidence while increasing physical fitness. Students work toward successive belts as skills are developed.

(6Y-10Y)

Jan 9-Apr 26	Sa	10:00 AM-11:00 AM	\$220/30	[17141]
	M	06:00 PM-07:00 PM		

(11Y-14Y)

Jan 9-Apr 28	Sa	11:00 AM-12:00 PM	\$220/30	[17142]
	W	06:00 PM-07:00 PM		

Aikido – Adult (15Y+)

This dynamic, traditional Japanese martial art teaches students to control and redirect the power of an attack, not confront it, allowing a suitable throw or pinning technique to be applied. This introductory adult class focuses on skill development and technique along with physical and mental fitness.

M, W	Jan 11-Mar 3	07:00 PM-08:30 PM	\$126/14	[17139]
M, W	Mar 8-Apr 28	07:00 PM-08:30 PM	\$144/16	[17140]

Play

Hap Ki Do -Children(7Y-9Y)

Students develop concentration, physical skills, and a positive attitude while learning basic Hap Ki Do techniques. Learn how to roll, kick, punch and defend yourself in a fun and lively atmosphere.

Tu	Jan 12-Apr 27	04:30 PM-05:30 PM	\$125/16	[17202]
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Hap Ki Do -Youth (10Y-14Y)

Learn fundamental Hap Ki Do techniques with an emphasis on self-defense. Students in this program are introduced to important Hap Ki Do principles in addition to learning basic strikes, blocks, and kicks.

Tu	Jan 12-Apr 27	05:30 PM-06:30 PM	\$125/16	[17203]
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Hap Ki Do -Adult (15Y+)

Called the art of complete self-defense, Hap Ki Do is an integrated fighting system which combines the dynamic kicking and punching traditionally associated with Korean martial arts, together with a vast array of joint locks and throws designed to subdue or control an attacker. A diverse art form, Hap Ki Do strengthens and conditions the mind, body, and spirit. Instructor: Jeremy Tillman, a fourth Dan Black Belt with 15 years of martial art experience.

Su	Jan 10-Apr 25	10:00 AM-11:30 AM	\$134/15	[17201]
Tu, F	Jan 12-Apr 30	07:00 PM-08:30 PM	\$283/31	[17200]

Tae Kwon Do (6Y+)

Don't be fooled by the movies - there's more to martial arts than hidden harnesses and slow motion! Tae Kwon Do is a fun, exciting, and modern martial art for everyone. We've teamed up with Chan Lee Tae Kwon Do to help participants achieve a strong mind and body through vigorous conditioning drills and practical physical training. Registrants are encouraged to purchase a uniform through Chan Lee Tae Kwon Do.

Th	Jan 14-Apr 29	07:30 PM-08:30 PM	\$129/16	[17143]
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