

SUMMER SESSION (10 week session) MARTIAL ARTS FOR ALL AGES



Summer Session: June 4 - August 12, 2017

KYUKI-DO

Beginner

Ages 5+

Basic blocking, kicking, and punching styles from Tae Kwon Do, throwing and falling techniques from Judo, and the art of wrist-and-joint locks of Hapkido combined to develop a spirit-mind-body connection. All students are eligible for promotional advancement through various color belt levels. No uniform is required for the first session.

Tues 6:00 pm - 7:00 pm M \$60 / CM \$120

Wed 6:00 pm - 7:00 pm M \$60 / CM \$120

T/W 6:00 pm - 7:00 pm M \$100 / CM \$200

Advanced

Ages 5+

The next level, further combining blocking, kicking, and punching with the integration of sparring and the use of weapons.

Tues 7:10 pm - 8:10 pm M \$60 / CM \$120

Wed 7:10 pm - 8:10 pm M \$60 / CM \$120

HAPKIDO

Beginner

Ages 5+

Emphasizes circular motion, non-resisting movements, and control of the opponent. Practitioners seek to gain advantage through footwork and body positioning to employ leverage, avoiding the use of strength against strength.

Sat 11:15 am - 12:00 pm M \$60 / CM \$120

TAE KWON DO

Beginner

Ages 5+

Korean martial art & self-defense focusing on blocks, kicks, and escaping from holds and grabs in a safe and effective manner.

Sat 10:00 am - 11:00 am M \$60 / CM \$120

BUDO TAIJUTSU

Advanced

Ages 16+

Bujinkan Budo Taijutsu, the basis for the U.S Marine Corps Martial Arts Program. This class provides training in striking, grappling, joint locking, tumbling, break falls, and natural movement to confront larger, stronger, or even multiple opponents without reliance on brute force, speed or strength. Training with padded weapons provided.

Includes 2 classes per week:

Thurs 8:00 pm - 9:45 pm **AND**

Sat 12:00 pm - 2:00 pm

M \$180 / \$200 CM

- OR -

Individual may choose occasional participation for an \$18 per class DROP IN FEE



M = Member | CM = Community Member

CAMPANELLI YMCA

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