

MARTIAL ARTS

The art of Tae Kwon Do, "The Kicking and Punching Way", is the core of the YMCA Martial Arts curriculum. This traditional kicking system is combined with training derived from Judo, Jujitsu, Grappling, and American-Style kickboxing for a well-rounded system. Children, teens and adults develop healthy lifestyle habits such as weight loss, self-discipline, self-control and self-confidence through martial arts training. The instructors focus on students developing self-confidence by learning practical self-defense, a system that focuses on practical application of danger awareness and skills to redirect violence before a physical confrontation is necessary. Students also train in sport Tae Kwon Do and Karate for those interested in local competitions and tournaments.

TIGER MITES (AGES 4 - 6)

The only necessary requirements are the knowledge of major body parts, left and right, and the ability to play "Simon Says." Students will learn skills such as adult victim prevention and motor skill development. Respect and discipline are greatly emphasized.

**MON 5:00 - 5:30PM • NIEBUR (ESIC)
WED 5:00 - 5:30PM • NIEBUR (ESIC)
MEMBERS \$35 • NON-MEMBERS \$46**

WHITE, YELLOW & GREEN BELTS (AGES 7+)

Beginner/intermediate Tae Kwon Do classes are for students who have limited or no experience in martial arts. Classes focus on skill development in traditional forms, kicks, and self-defense, including "bully busting" and "predator defense", that build discipline, self-confidence and better health. We also focus on overall fitness using a variety of martial and sports specific conditioning for grappling and kickboxing. Students also learn sport Karate and Tae Kwon Do tournament style sparring. Combination of Youth & Adult students.

**MON 5:40 - 6:40PM • NIEBUR (ESIC)
WED 5:40 - 6:40PM • NIEBUR (ESIC)
MEMBERS \$46 • NON-MEMBERS \$69
BOTH DAYS: 5:40 - 6:40PM • NIEBUR (ESIC)
MEMBERS \$69 • NON-MEMBERS \$92**

ESCRIMA (AGES 8+)

A Philippine-based martial art that uses rattan sticks as well as empty hand techniques. Practicing Escrima can improve strength, stamina, eye hand coordination and balance. This martial art is great for adults, because it does not require a high level of flexibility or athleticism (no high kicks!) to perform properly. Class will not meet the last Saturday of session due to a conflict with the Belt Test.

SAT 9:30 - 10:15AM • NIEBUR (ESIC) • MEMBERS \$40 • NON-MEMBERS \$63

ADVANCED BELTS (AGES 7+)

Advanced Tae Kwon Do class includes traditional forms, kicks and self-defense. Students in this class have achieved at least a blue belt and are training for their Black Belt. This is a combination of Youth and Adult students. We focus on total body conditioning using a variety of martial and sports specific conditioning for grappling and kickboxing. Students also learn sport Karate and Tae Kwon Do tournament style sparring. For advanced students Blue Belt and above and all adults.

**MON 6:50 - 8:00PM • NIEBUR (ESIC)
WED 6:50 - 8:00PM • NIEBUR (ESIC)
MEMBERS \$46 • NON-MEMBERS \$69
BOTH DAYS: 6:50 - 8:00PM • NIEBUR (ESIC)
MEMBERS \$69 • NON-MEMBERS \$92**

OPEN MARTIAL ARTS (AGES 7+)

All martial arts students can attend open class for sparring, extra practice and conditioning. Students will receive extra training on Saturdays in traditional skills, conditioning, Tae Kwon Do and Karate sport sparring as well as grappling. Available for currently enrolled martial arts students only.

**(EXCLUDES ESCRIMA STUDENTS)
SAT 8:30 - 9:30AM • NIEBUR (ESIC)
MARTIAL ARTS STUDENTS: FREE**