



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# 2011 KARATE SCHEDULE

## GARDEN RANCH FAMILY YMCA

### KARATE

5-YEAR-OLDS AND UP

#### SHOTOKAN KARATE

Is a Hard Style of Martial Art. This means that it uses punches and kicks for attacks, and powerful blocks and footwork for defense. The movements are simple and linear, following a point A to point B philosophy of self-defense through conditioning the body to respond with direct action.

#### BENEFITS OF KARATE

Karate is like other sports in that fitness is a primary goal. Anyone who is looking to better themselves in a strength and conditioning won't need to look any further than karate. The martial arts will benefit any practitioner in an aerobic way with the repetitive movements of kata and basics. At higher ranks, sparring becomes available which is an even better exercise that is intense but also requires thinking in order to string together techniques. Gives the practitioner a sense of initial confidence that stems from the simple fact that the practitioner has a course of action if presented with a self-defense situation. The class itself promotes respect for fellow classmates and authoritative positions (i.e. parents and teachers). Karate's main focus is on self-improvement, and achieving personal goals, however, this does not mean that it neglects issues such as teamwork and communicating with others. There are exercises in Karate that focus on the individual, and there are those that require working with a partner. In other words, there are different areas of practice available for different personalities to excel.

#### SESSION DATES

October 4-28  
November 1-29  
December 6-30

#### BEGINNER CLASS

Is an introduction to the martial arts of Shotokan Karate. Participants will learn the basic block, punches, and kicks, while incorporating the discipline of martial arts. Participants must be 5 years old to participate and there is no maximum age limit to the class, it is based on your skill level in Shotokan karate.

Tuesdays and Fridays from  
6:45pm to 7:30 pm

Member fee: \$45.00  
Non-member fee: \$65.00

#### INTERMEDIATE- CLASS

This class is designed for participants that want to progress their training in Shotokan karate. Participants will work on advanced punches, kicks, blocks, and higher discipline and spiritual levels to the martial arts.

Tuesdays and Fridays from  
7:30 pm to 8:30 pm

Member fee: \$45.00  
Non-member fee: \$65.00

#### REQUIREMENTS

Students do not need previous experience in martial arts to participate. Karate uniforms and sparring equipment are not required for this class. If the student desires a uniform or sparring gear, they may be purchased through the instructor. Prices are subject to change according to availability.

#### FINANCIAL ASSISTANCE

If you are unable to pay the full cost of YMCA membership or programs, you may apply for assistance based on your financial situation. Funds for financial assistance are raised through the YMCA Partners Campaign and come from generous individuals, businesses and the local community.

**For more information call Jen Falkenstein, at 494 8521 or visit [www.ppyymca.org](http://www.ppyymca.org)**



#### Garden Ranch Family Center

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