



MARTIAL ARTS

ALL AGES

AAA Karate, Butokukan Style 5-12 yrs

Fun fitness for mind and body. Develop poise, balance, concentration, and confidence in a safe environment. This is an ongoing karate program. Students may register directly into this program or complete the New Member Special program first, and register for the ongoing program at a pro-rated fee rate to continue. For more info, call 604 299-5061. No class Oct 8 & Nov 12.

Novice/Intermediate

M Th 5:30 pm-6:30 pm Sep 10-Dec 13
▶177301 \$312/26 sess

Advanced

M Th 6:30 pm-7:30 pm Sep 10-Dec 13
▶177302 \$312/26 sess

New Member Special

M Th 5:30 pm-6:30 pm Sep 10-Sep 20
▶177297 \$39/4 sess

All Levels 13-18 yrs

M Th 6:30 pm-8:00 pm Sep 10-Dec 13
▶177304 \$312/26 sess

New Member Special

M Th 6:30 pm-8:00 pm Sep 10-Sep 20
▶177298 \$39/4 sess

All Levels 19+yrs

M Th 6:30 pm-8:00 pm Sep 10-Dec 13
▶177305 \$327.60/26 sess

New Member Special

M Th 6:30 pm-8:00 pm Sep 10-Sep 20
▶177299 \$40.95/4 sess

Instructor: Harry Charalambous

Taekwondo 5-13 yrs

This martial art combines elements of flexibility, power, agility, and improves mental discipline and self-confidence. Ultimate martial arts training is designed to develop physical strength and teach practical self-defense techniques. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at intermediate and advanced levels. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (7th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required.

Beginner

W 5:30 pm-6:30 pm Sep 05-Dec 19
▶174191 \$272/16 sess

F 5:30 pm-6:30 pm Sep 07-Dec 21
▶174192 \$272/16 sess

Intermediate

W 4:30 pm-5:30 pm Sep 05-Dec 19
▶174193 \$272/16 sess

F 4:30 pm-5:30 pm Sep 07-Dec 21
▶174194 \$272/16 sess

All Levels 14+yrs

W 6:30 pm-7:30 pm Sep 05-Dec 19
▶174195 \$272/16 sess

F 6:30 pm-7:30 pm Sep 07-Dec 21
▶174196 \$272/16 sess

Instructor: Third Eye Martial Arts

Wushu

Wushu, a form of Chinese Martial Arts, style that has gained recognition through the Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. Wushu experience is required to attend this class. Drop in \$18 (space permitting).

Wushu: Beginners Level 1 6-12 yrs

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching and kicking techniques while teaching them discipline, respect, and self confidence. Drop-in \$18, space permitting. No registration will be accepted after the second week of classes.

W 4:00 pm-4:45 pm Sep 12-Dec 12
▶176251 \$182/14 sess

Level 1-2 Novice

Th 5:00 pm-6:30 pm Sep 06-Sep 27
▶176252 \$45/4 sess

Th 5:00 pm-6:30 pm Oct 04-Oct 25
▶176253 \$45/4 sess

Th 5:00 pm-6:30 pm Nov 01-Nov 29
▶176254 \$45/5 sess

Th 5:00 pm-6:30 pm Dec 06-Dec 13
▶176255 \$45/2 sess

Intensive

F 7:00 pm-8:00 pm Sep 07-Sep 28
▶176264 \$55/4 sess

F 7:00 pm-8:00 pm Oct 05-Oct 26
▶176265 \$55/4 sess

F 7:00 pm-8:00 pm Nov 02-Nov 30
▶176266 \$55/5 sess

F 7:00 pm-8:00 pm Dec 07-Dec 14
▶176267 \$55/2 sess

Level 3+

W Th 5:00 pm-7:00 pm Sep 12-Sep 27
▶176256 \$95/6 sess

W Th 5:00 pm-7:00 pm Oct 03-Oct 31
▶176257 \$95/9 sess

W Th 5:00 pm-7:00 pm Nov 01-Nov 29
▶176258 \$95/9 sess

W Th 5:00 pm-7:00 pm Dec 05-Dec 13
▶176259 \$95/4 sess

Level 4

W F 5:00 pm-7:00 pm Sep 07-Sep 28
▶176260 \$100/7 sess

W F 5:00 pm-7:00 pm Oct 03-Oct 31
▶176261 \$100/9 sess

W F 5:00 pm-7:00 pm Nov 02-Nov 30
▶176262 \$100/9 sess

W F 5:00 pm-7:00 pm Dec 05-Dec 14
▶176263 \$100/4 sess

Instructor: Candice Wong

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MARTIAL ARTS

ALL AGES

Iaido

18+yrs

Iaido is the art of drawing and cutting with the samurai katana (sword). The purpose of Iaido is to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Iaidoka develops the mind to a peaceful and active state, ready to react and deal with any life situation. Students begin practicing with a bokken (wooden sword), provided by the school. In future, the bokken is replaced by a Japanese training sword. Financial assistance will be provided for the purchase of this sword. Ken Shin Dojo is certified by Whole Japan Iaido Kokusai Federation. kenshindojo.ca.

Sa 10:00 am-11:30 am Sep 15-Dec 15
 ▶176064 \$294/14 sess
 Instructor: Bahman Ebrahimi

Jiu Jitsu

13+yrs

This class is offered exclusively to KenShinDojo Kickboxing or Iaido students and includes a 40% discount. Learn the essential techniques such as takedowns, chokeholds, joint-locks and immobilization. Suitable for men & women of all fitness levels. No drop-ins. www.KenShinDojo.ca

Sa 2:00 pm-3:00 pm Sep 15-Dec 15
 ▶176065 \$154/14 sess
 Instructor: Bahman Ebrahimi

Kickboxing

13+yrs

This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. Course includes uniform for new members. Belt testing optional. For more info, please visit kenshindojo.ca. Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits.

W 6:00 pm-7:00 pm Sep 12-Dec 12
 ▶176062 \$238/14 sess
 Instructor: Bahman Ebrahimi

Sa 1:00 pm-2:00 pm Sep 15-Dec 15
 ▶176063 \$238/14 sess
 Instructor: Bahman Ebrahimi

Wenlido Women's Self Defense

13+yrs

Develop your self confidence and assertiveness to deal successfully with harassment; discover how Awareness, Avoidance, and Action are your allies in staying safe; practice a variety of easy to remember ways of getting yourself out of holds, including choke holds, and learn how to use body strikes to counteract violent attacks. The program will be a combination of physical movement and discussion. All fitness levels welcome, for women and girls ages 13 and up. Mother/daughter teams very welcome. Pre-registration required.

Su 10:00 am-4:30 pm Oct 21-Oct 21
 ▶174152 \$52.50/1 sess
 Instructor: Gaye Ferguson

Shaolin Kung Fu for Families

5+ yrs

The kung fu classes for families are a way to learn and grow together. It is not just a great way to stay fit, but to get to know yourself and your child better. The classes consist in conditioning, stretching, forms and their application, meditation and much more. At the same time, you learn self-defense. Cost is for one child and one adult.

Su 10:00 am-11:30 am Sep 24-Dec 16
 ▶177595 \$352.50/14 sess
 Instructor: Matthias Klenk

Shaolin Kung Fu for Kids & Youth

Beyond the ability to defend themselves, the training provides them with skills such as the ability to focus on tasks, self-confidence, good character, respect, great health, problem solving, coordination, ability to use mind and body, and a whole lot more. All of these abilities provide a good foundation for them and lead a child to a more successful future as they grow into adults.

5-12 yrs

Tu F 4:00 pm-5:00 pm Sep 11-Dec 14
 ▶177596 \$250/28 sess

13-18 yrs

Tu F 5:00 pm-6:00 pm Sep 11-Dec 14
 ▶177597 \$250/28 sess

Instructor: Matthias Klenk

The Kerrisdale Community Centre has again been voted the "Best Community Centre on the West side of Vancouver".



We thank the local readers of the Vancouver Courier for their support, and the Courier newspaper itself, for sponsoring this friendly competition.

To complement this achievement, Kerrisdale was also voted the "Best Neighbourhood" in the City.