



# MARTIAL ARTS

## ALL AGES

### AAA Karate, Butokukan Style

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 14, 31 & Nov 11.

#### Novice/Intermediate

M Th 5:30 pm-6:30 pm

▶236752

5-12 yrs

Sep 9-Dec 12

\$300/26 sess

#### Advanced

M Th 6:30 pm-7:30 pm

▶236753

5-12 yrs

Sep 9-Dec 12

\$300/25 sess

#### New Member Special

M Th 5:30 pm-6:30 pm

▶236749

5-12 yrs

Sep 9-Sep 19

\$39/4 sess

#### All Levels

M Th 6:30 pm-8:00 pm

▶236754

13-18 yrs

Sep 9-Dec 12

\$300/25 sess

#### New Member Special

M Th 6:30 pm-8:00 pm

▶236750

13-18 yrs

Sep 9-Sep 19

\$39/4 sess

#### All Levels

M Th 6:30 pm-8:00 pm

▶236755

19+yrs

Sep 9-Dec 12

\$315/25 sess

#### New Member Special

M Th 6:30 pm-8:00 pm

▶236751

19+yrs

Sep 9-Sep 19

\$40.95/4 sess

Instructor: Harry Charalambous

### Iaido

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 14-Dec 7  
▶235828 \$273/13 sess

Instructor: Bahman Ebrahimi

### Jiu Jitsu

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 14-Dec 7  
▶235831 \$143/13 sess

Instructor: Bahman Ebrahimi

### 18+yrs

### Judo

Judo is an Olympic sport and a martial art. It is the art of throwing, as well as the art of gripping and ground submission. Judo is among the safest of the strenuous combative sports. Parent participation is required and at no cost to the parent.

#### 5-7 yrs

Su 10:00 am-11:00 am Sep 8-Dec 15  
▶236744 \$127.50/15 sess

#### 8-13 yrs

Tu 6:00 pm-7:00 pm Sep 3-Dec 17  
▶236745 \$136/16 sess

#### 14+yrs

Tu 7:00 pm-8:30 pm Sep 3-Dec 17  
Su 11:00 am-12:30 pm  
▶236746 \$285.60/31 sess

Instructor: John Kam

### 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. kenshindojo.ca. Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits.

Sa 1:00 pm-2:00 pm Sep 14-Dec 7  
▶235832 \$221/13 sess  
W 6:00 pm-7:00 pm Sep 18-Dec 4  
▶235833 \$204/12 sess

Instructor: Bahman Ebrahimi

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### RENTAL SPACE AVAILABLE

Do you need a facility suitable for wedding receptions, birthday parties, meetings or sports?

Kerrisdale Community Centre has rooms available to meet your needs!  
For more info, please phone 604-257-8100 or visit

[www.kerrisdalecc.com/room-rentals](http://www.kerrisdalecc.com/room-rentals)



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## ALL AGES

### Shaolin Kung Fu

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.

**Kids** 5-12 yrs  
 Tu F 3:50 pm-4:50 pm Sep 17-Dec 13  
**236759** \$260/26 sess

**Youth** 13-18 yrs  
 Tu F 4:50 pm-6:50 pm Sep 17-Dec 13  
**236760** \$260/26 sess

Instructor: Matthias Klenk

## Try a Martial Arts Class

Self Defence Classes promote a healthy lifestyle and a great way to get in shape. Our instructors are very dedicated and qualified. You will develop self confidence, increase motivation and develop life skills.



### Taekwondo

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** 5-13 yrs  
 W 5:30 pm-6:30 pm Sep 4-Dec 18  
**235854** \$288/16 sess  
 F 5:30 pm-6:30 pm Sep 6-Dec 20  
**235855** \$288/16 sess

**Intermediate** 5-13 yrs  
 W 4:30 pm-5:30 pm Sep 4-Dec 18  
**235856** \$288/16 sess  
 F 4:30 pm-5:30 pm Sep 6-Dec 20  
**235857** \$288/16 sess

**All Levels** 14+ yrs  
 W 6:30 pm-7:30 pm Sep 4-Dec 18  
**235858** \$288/16 sess  
 F 6:30 pm-7:30 pm 6-Sep 6-20-Dec 20  
**235859** \$288/16 sess

Instructor: Third Eye Martial Arts

### Wushu: Beginners

**Level 1** 5-12 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 11-Dec 11  
**235805** \$182/14 sess

Instructor: Candice Wong

### Wushu

6+ yrs

Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. This style 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).

**Level 2 Novice**  
 W 5:00 pm-6:30 pm Sep 11-Sep 25  
**235810** \$45/3 sess  
 W 5:00 pm-6:30 pm Oct 2-Oct 30  
**235811** \$45/5 sess  
 W 5:00 pm-6:30 pm Nov 6-Dec 11  
**235813** \$67.50/6 sess

**Level 3+ Novice/Intermediate**  
 W F 5:00 pm-7:00 pm Sep 11-Sep 27  
**235816** \$100/6 sess  
 W F 5:00 pm-7:00 pm Oct 2-Oct 30  
**235818** \$100/9 sess  
 W F 5:00 pm-7:00 pm Nov 1-Dec 13  
**235819** \$150/13 sess

Instructor: Candice Wong

### Wushu: Intensive

An additional class, intended for serious and competitive Wushu participants. You must have instructor approval and be registered in the Wed/Fri Wushu program. This extra class will provide more personal attention from the instructor, detailed routines, intensive cardio, weapons, and strict training.

F 7:00 pm-8:00 pm Sep 13-Sep 27  
**235821** \$55/3 sess  
 F 7:00 pm-8:00 pm Oct 4-Oct 25  
**235823** \$55/4 sess  
 F 7:00 pm-8:00 pm Nov 1-Dec 13  
**235824** \$82.50/7 sess

Instructor: Candice Wong

