

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 Apr 22 & May 20.

Advanced 5-12 yrs
 M Th 6:30 PM-7:30 PM Apr 01-Jun 20
 ▶206588 \$264/22 sess

Novice/Intermediate 5-12 yrs
 M Th 5:30 PM-6:30 PM Apr 01-Jun 20
 ▶206587 \$264/22 sess

New Member Special 5-12 yrs
 M Th 5:30 PM-6:30 PM Apr 01-Apr 11
 ▶206584 \$39/4 sess

All Levels 13-18 yrs
 M Th 6:30 PM-8:00 PM Apr 01-Jun 20
 ▶206589 \$264/22 sess

New Member Special 13-18 yrs
 M Th 6:30 PM-8:00 PM Apr 01-Apr 11
 ▶206585 \$39/4 sess

All Levels 19+yrs
 M Th 6:30 PM-8:00 PM Apr 01-Jun 20
 ▶206590 \$277.20/22 sess

New Member Special 19+yrs
 M Th 6:30 PM-8:00 PM Apr 01-Apr 11
 ▶206586 \$40.95/4 sess

Instructor: Harry Charalambous

Judo NEW

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.

Coaches in the Kerrisdale judo program are members of Judo BC and the Kodokan in Japan. They are NCCP certified. The coaches belong to the Ishikawa Judo Club that run the judo program at the Nikkei National Museum & Cultural Centre in Burnaby.

5-7 yrs
 Parent participation is optional and no cost to the parent.
 Su 10:00 AM-11:00 AM Apr 07-Jun 30
 ▶206859 \$108/13 sess

8-13 yrs
 Tu 6:00 PM-7:00 PM Apr 02-Jun 25
 ▶206860 \$108/13 sess

14+ yrs
 Su Tu 7:00 PM-12:30 PM Apr 02-Jun 30
 ▶206862 \$241.50/26 sess
 Instructor: John Kam

Shaolin Kung Fu 5-18 yrs

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 4:00pm-5:00pm Apr 16-Jun 28
 ▶216109 \$250/22 sess

Youth 13-18 yrs
 Tu F 5:00pm-6:00pm Apr 19-Jun 28
 ▶216110 \$150/11 sess

Instructor: Matthias Klenk

Taekwondo

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 Apr 03-Jun 26
 ▶206523 \$234/13 sess
 F 5:30 PM-6:30 PM Apr 05-Jun 28
 ▶206524 \$234/13 sess

Intermediate 5-13 yrs
 W 4:30 PM-5:30 PM Apr 03-Jun 26
 ▶206527 \$234/13 sess
 F 4:30 PM-5:30 PM Apr 05-Jun 28
 ▶206528 \$234/13 sess

All Levels 14+yrs
 W 6:30 PM-7:30 PM Apr 03-Jun 26
 ▶206529 \$234/13 sess
 F 6:30 PM-7:30 PM Apr 05-Jun 28
 ▶206531 \$234/13 sess

Instructor: Third Eye Martial Arts

Wushu:

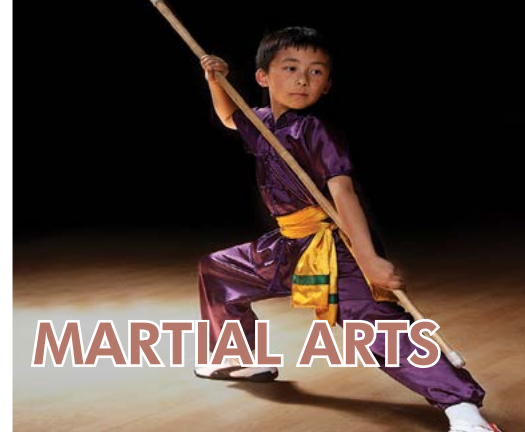
Beginners Level 1 5-12 yrs

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. No class May 15.

W 4:00 PM-4:45 PM Apr 03-Jun 26
 ▶206591 \$156/12 sess

Instructor: Candice Wong

FOLLOW US
 Twitter • Instagram • Facebook
 @KerrisdaleCC



ALL AGES

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. \$60/half mth or 1x/wk. Drop in \$18 (space permitting).

Level 2 Novice

W	5:00 PM-6:30 PM	Apr 03-Apr 24
▶206592		\$45/4 sess
W	5:00 PM-6:30 PM	May 01-May 29
▶206593		\$45/5 sess
W	5:00 PM-6:30 PM	Jun 05-Jun 26
▶206594		\$45/4 sess

Level 3+ Novice/Intermediate

W F	5:00 PM-7:00 PM	Apr 03-Apr 26
▶206595		\$100/8 sess
W F	5:00 PM-7:00 PM	May 01-May 31
▶206596		\$100/10 sess
W F	5:00 PM-7:00 PM	Jun 05-Jun 28
▶206597		\$100/8 sess

Instructor: Candice Wong

Wushu: Intensive

5+yrs

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	Apr 05-Apr 26
▶206598		\$55/4 sess
F	7:00 PM-8:00 PM	May 03-May 31
▶206599		\$55/5 sess
F	7:00 PM-8:00 PM	Jun 07-Jun 28
▶206600		\$55/4 sess

Instructor: Candice Wong

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. For more info, please visit kenshindojo.ca.

Sa	10:00 AM-11:30 AM	Apr 06-Jun 29
▶205044		\$273/13 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	Apr 06-Jun 29
▶205045		\$143/13 sess

Instructor: Bahman Ebrahimi

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

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	Apr 03-Jun 26
▶205286		\$221/13 sess

Sa	1:00 PM-2:00 PM	Apr 06-Jun 29
▶205123		\$221/13 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. Additional family member \$47.25. Pre-registration required.

Su	10:00 AM-4:30 PM	Jun 23
▶204960		\$52.50/1 sess

Instructor: Gaye Ferguson