

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 Aug 5.

Advanced

M Th 6:30 PM-7:30 PM

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New Member Special

M Th 5:30 PM-6:30 PM

▶223740

Novice/Intermediate

M Th 5:30 PM-6:30 PM

▶223746

All Levels

M Th 6:30 PM-8:00 PM

▶223744

New Member Special

M Th 6:30 PM-8:00 PM

▶223741

All Levels

M Th 6:30 PM-8:00 PM

▶223745

New Member Special

M Th 6:30 PM-8:00 PM

▶223742

Instructor: Harry Charalambous

5-12 yrs

Jul 08-Aug 19

\$144/12 sess

13-18 yrs

Jul 08-Aug 19

\$144/12 sess

19+ yrs

Jul 08-Aug 19

\$151.2/12 sess

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

▶223789

13-18 yrs

Tu F 5:00 PM-6:00 PM

▶223790

Instructor: Matthias Klenk

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

W 5:30 PM-6:30 PM

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F 5:30 PM-6:30 PM

▶223686

Intermediate

W 4:30 PM-5:30 PM

▶223687

F 4:30 PM-5:30 PM

▶223688

All Levels

W 6:30 PM-7:30 PM

▶223689

F 6:30 PM-7:30 PM

▶223690

Instructor: Third Eye Martial Arts

5-13 yrs

Jul 03-Aug 28

\$162/9 sess

Jul 05-Aug 30

\$162/9 sess

5-13 yrs

Jul 03-Aug 28

\$162/9 sess

Jul 05-Aug 30

\$162/9 sess

14+ yrs

Jul 03-Aug 28

\$162/9 sess

Jul 05-Aug 30

\$162/9 sess

Wushu: Intensive

5+ yrs

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

▶223783

Jul 05-Aug 16

\$82.50/7 sess

Instructor: Candice Wong

laido

18+ yrs

laido is the art of drawing and cutting with the samurai katana (sword). The purpose of laido is to develop awareness, calmness, and mental & physical harmony through the practice of traditional katana techniques. Students begin practicing with a bokken (wooden sword), provided by the school. Financial assistance will be provided for the purchase of this sword. Ken Shin Dojo is certified by Whole Japan laido Kokusai Federation. [kenshindojo.ca](http://www.kenshindojo.ca).

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Sa 10:00 AM-11:30 AM

▶223772

Jul 06-Aug 31

\$189/9 sess

Instructor: Bahman Ebrahimi

Jiu Jitsu

13+ yrs

Offered exclusively to KenShinDojo Kickboxing or laido 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.

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Sa 2:00 PM-3:00 PM

▶223769

Jul 06-Aug 31

\$99/9 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 class is suitable for all fitness levels. Course includes uniform for new members. Belt testing optional. Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits. [kenshindojo.ca](http://www.kenshindojo.ca).

W 6:00 PM-7:00 PM

▶223766

Jul 03-Aug 28

\$153/9 sess

Sa 1:00 PM-2:00 PM

▶223767

Jul 06-Aug 31

\$153/9 sess

Instructor: Bahman Ebrahimi