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 Aug 5.

**Advanced**
- M Th: 6:30 PM-7:30 PM
  - Jul 08-Aug 19
  - $144/12 sess

**New Member Special**
- M Th: 5:30 PM-6:30 PM
  - Jul 08-Jul 18
  - $39/4 sess

**Novice/Intermediate**
- M Th: 5:30 PM-6:30 PM
  - Jul 08-Aug 19
  - $144/13 sess

**All Levels**
- M Th: 6:30 PM-8:00 PM
  - Jul 08-Aug 19
  - $144/12 sess

**New Member Special**
- M Th: 6:30 PM-8:00 PM
  - Jul 08-Jul 18
  - $39/4 sess

**All Levels**
- M Th: 6:30 PM-8:00 PM
  - Jul 08-Aug 19
  - $151.2/12 sess

**New Member Special**
- M Th: 6:30 PM-8:00 PM
  - Jul 08-Aug 19
  - $40.95/4 sess

Instructor: Harry Charalambous

**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
  - Jul 02-Aug 30
  - $200/18 sess

**13-18 yrs**
- Tu F: 5:00 PM-6:00 PM
  - Jul 02-Aug 30
  - $200/18 sess
Instructor: Matthias Klenk

**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
  - Jul 03-Aug 28
  - $162/9 sess
- F: 5:30 PM-6:30 PM
  - Jul 05-Aug 30
  - $162/9 sess

**Intermediate**
- W: 4:30 PM-5:30 PM
  - Jul 03-Aug 28
  - $162/9 sess
- F: 4:30 PM-5:30 PM
  - Jul 05-Aug 30
  - $162/9 sess

**All Levels**
- W: 6:30 PM-7:30 PM
  - Jul 03-Aug 28
  - $162/9 sess
- F: 6:30 PM-7:30 PM
  - Jul 05-Aug 30
  - $162/9 sess
Instructor: Third Eye Martial Arts

**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
  - Jul 03-Aug 14
  - $90/7 sess

**Level 3+ Novice/Intermediate**
- W F: 5:00 PM-7:00 PM
  - Jul 03-Aug 16
  - $162.50/13 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.

**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. 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 Iaido Kokusai Federation. [kenshindojo.ca](http://kenshindojo.ca)

**Jiu Jitsu**
- 13+yrs
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](http://www.KenShinDojo.ca)

**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://kenshindojo.ca)

Instructor: Bahman Ebrahimi

Kerrisdale Community Centre
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