



# 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 Feb 18.

#### Advanced

M Th 6:30pm-7:30pm

▶193053

#### Novice/Intermediate

M Th 5:30pm-6:30pm

▶193052

#### New Member Special

M Th 5:30pm-6:30pm

▶193049

#### New Member Special

M Th 6:30pm-8:00pm

▶193050

#### All Levels

M Th 6:30pm-8:00pm

▶193054

#### All Levels

M Th 6:30pm-8:00pm

▶193055

#### New Member Special

M Th 6:30pm-8:00pm

▶193051

Instructor: Harry Charalambous

#### 5-12 yrs

Jan 07-Mar 14  
\$228/19 sess

#### 5-12 yrs

Jan 07-Mar 14  
\$228/19 sess

#### 5-12 yrs

Jan 07-Jan 17  
\$39/4 sess

#### 13-18 yrs

Jan 07-Jan 17  
\$39/4 sess

#### 13-18 yrs

Jan 07-Mar 14  
\$228/19 sess

#### 19+yrs

Jan 07-Mar 14  
\$239.40/19 sess

#### 19+yrs

Jan 07-Jan 17  
\$40.95/4 sess

### 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.

#### 5-7 yrs

Su 10:00am-11:00am Jan 13-31  
▶200467 \$108/12 sess

#### 8-13 yrs

Su 10:00am-11:00am Jan 13-31  
▶195965 \$108/12 sess

#### 14+ yrs

S 11:00am-12:30pm Jan 08-31  
Tu 7:00pm-8:30pm

▶195966 \$230/24 sess  
Instructor: John Kam

### 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.

[www.kenshindojo.ca](http://www.kenshindojo.ca)

Sa 10:00am-11:30am Jan 05-Mar 23  
▶191657 \$252/12 sess

Instructor: Bahman Ebrahimi

### 18+yrs

### 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](http://kenshindojo.ca). Certificates in Kickboxing offered. Drop-ins approved by instructor and if space permits.

W 6:00pm-7:00pm Jan 09-Mar 27

▶191660 \$204/12 sess

Sa 1:00pm-2:00pm Jan 05-Mar 23

▶191658 \$204/12 sess

Instructor: Bahman Ebrahimi

### 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 4:00pm-5:00pm Jan 15-Mar 29  
▶193116 \$250/22 sess

#### 13-18 yrs

Tu F 5:00pm-6:00pm Jan 15-Mar 29  
▶193117 \$250/22 sess

Instructor: Matthias Klenk

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### 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 5:30pm-6:30pm Jan 09-Mar 27  
 ▶192009 \$216/12 sess  
 F 5:30pm-6:30pm Jan 11-Mar 29  
 ▶192010 \$216/12 sess

#### Intermediate

**5-13 yrs**  
 W 4:30pm-5:30pm Jan 09-Mar 27  
 ▶192011 \$216/12 sess  
 F 4:30pm-5:30pm Jan 11-Mar 29  
 ▶192012 \$216/12 sess

#### All Levels

**14+yrs**  
 W 6:30pm-7:30pm Jan 09-Mar 27  
 ▶192007 \$216/12 sess  
 F 6:30pm-7:30pm Jan 11-Mar 29  
 ▶192008 \$216/12 sess  
 Instructor: Third Eye Martial Arts

### 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](http://www.KenShinDojo.ca)

Sa 2:00pm-3:00pm Jan 05-Mar 23  
 ▶191659 \$132/12 sess

Instructor: Bahman Ebrahimi

### 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 4:00pm-4:45pm Jan 09-Mar 13  
 ▶192672 \$130/10 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 1-2 Novice

W 5:00pm-6:30pm Jan 09-Jan 30  
 ▶192673 \$45/4 sess  
 W 5:00pm-6:30pm Feb 06-Feb 27  
 ▶192674 \$45/4 sess  
 W 5:00pm-6:30pm Mar 06-Mar 20  
 ▶192675 \$45/3 sess

#### Level 3+ Novice/Intermediate

W F 5:00pm-7:00pm Jan 09-Jan 30  
 ▶192676 \$100/7 sess  
 W F 5:00pm-7:00pm Feb 01-Feb 27  
 ▶192677 \$100/8 sess  
 W F 5:00pm-7:00pm Mar 01-Mar 22  
 ▶192678 \$100/7 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 7:00pm-8:00pm Jan 11-Jan 25  
 ▶192679 \$55/3 sess  
 F 7:00pm-8:00pm Feb 01-Feb 22  
 ▶192680 \$55/4 sess  
 F 7:00pm-8:00pm Mar 01-Mar 22  
 ▶192681 \$55/4 sess

Instructor: Candice Wong

### 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 10:00am-4:30pm Feb 10  
 ▶191316 \$52.50/1 sess

Instructor: Gaye Ferguson