

INSTITUTE OF MARTIAL ARTS

LITTLE NINJAS – For Ages 3-4

Karate techniques incorporated with essential motor skills for 3-4 year olds. The curriculum includes balance, memory, team work, coordination, focus, and other age specific skills training. Often young children want to do what the big kids do but don't have the essential motor skills. This class teaches those while building self-esteem and respect for self and others.

Fee: \$75

4051.100 Dates: Fridays: 5:30 – 6:00 p.m. 10 weeks, January 4 thru March 8

4051.101 Dates: Saturdays: 9:00 – 9:30 a.m. 10 weeks, January 5 thru March 9

Instructor: The Institute of Martial Arts Staff **Rooms:** Fridays Room 14/Saturdays Room 15

KICKIN' KIDS – For Ages 5-6

Dynamic karate techniques taught with an emphasis on kicks, punches, blocks, coordination, bullying prevention, and beginning karate weapons training. Situational self-defense will be taught so our youngest can avoid conflict. Class is designed to have a student develop into the more structured karate program that starts at 7 years old. Emphasis on technique and coordination without the traditional forms patterns of movement.

Fee: \$90

4052.100 Dates: Fridays: 6:00 – 6:45 p.m. 10 weeks, January 4 thru March 8

4052.101 Dates: Saturdays: 9:30 – 10:15 a.m. 10 weeks, January 5 thru March 9

Instructor: The Institute of Martial Arts Staff **Rooms:** Fridays Room 14/Saturdays Room 15

KARATE FOR BEGINNERS – Ages 7 & UP

A traditional karate program for ages 7 and up, the style of Karate we study is Tang Soo Do, a Korean based martial art. In addition to learning techniques, board breaking, forms and exercise patterns, the class focuses on self-esteem, character building, respect for self and others, proper approaches to competition and general life skills for today's child.

Fee: \$90

4053.100 Dates: Saturdays: 9:00 – 9:45 a.m. 10 weeks, January 5 thru March 9

Instructor: The Institute of Martial Arts Staff **Rooms:** Saturdays Room 14

KARATE TANG SOO DO – For Ages 7-Adult

A chance for 7 – Adults to develop martial arts skills, build strength and confidence, build self-discipline. Parents are encouraged to begin training at the same time as their children's class regardless of rank. Great fun and family activity!

Fee: \$90

4050.100 Dates: Wednesdays: 6:30 – 7:30 p.m. 10 weeks, January 2 thru March 6

4050.101 Dates: Saturdays: 10:15 – 11:30 a.m. 10 weeks, January 5 thru March 9

Instructor: The Institute of Martial Arts Staff **Rooms:** Wednesdays Room 14/Saturdays Room 15

