

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.

4051.100 Mondays: 5:30 – 6:00 p.m.

4051.101 Saturdays: 9:00 – 9:30 a.m.

Dates: 10 weeks, January 4 thru March 8
January 9 thru March 13

Fee: \$75

Instructor: The Institute of Martial Arts Staff
Mondays 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.

4052.100 Mondays: 6:00 – 6:45 p.m.

4052.101 Saturdays: 9:30 – 10:15 a.m.

Dates: 10 weeks, January 4 thru March 8
January 9 thru March 13

Fee: \$90

Instructor: The Institute of Martial Arts Staff
Mondays Room 14/Saturdays Room 15

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KARATE FOR BEGINNERS – Ages 7 to Adult

A traditional karate program for ages 7 to adult, 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, and proper approaches to competition. Parents are encouraged to begin training at the same time as their children's class regardless of rank. Great fun and family activity!

4053.102 Wednesdays: 5:30 – 6:30 p.m.

4053.101 Saturdays: 10:15 a.m. – 11:30 a.m.

Dates: 10 weeks, January 6 thru March 10
January 9 thru March 13

Fee: \$90

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

KARATE TANG SOO DO – For Ages 7-Adult

Develop martial arts skills, build strength and confidence, build self-discipline.

4050.100 Wednesdays: 6:30 – 7:30 p.m. (**For Current Students Only**)

4050.101 Saturdays: 10:15-11:30 a.m. (**New & Current Students**)

Dates: 10 weeks, January 6 thru March 10
January 9 thru March 13

Fee: \$90

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

INSTITUTE OF MARTIAL ARTS

0118.103 Adaptive Karate – For Ages 7+

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.

Wednesdays: 6:10 – 6:40 p.m.

Dates: 6 weeks, January 6 thru February 10

Fee: \$45

Instructor: The Institute of Martial Arts Staff
Wednesdays Room 14