

YMCA ADULT KARATE

Taught by certified black belt instructor, Adam Segal.

February 6 - April 11

10 Week Session

(THERE WILL NOT BE CLASS FROM FEB. 20 - 27)

We offer progressive classes for all experience levels, teaching Demura Ha Shito Ryu Karate-Do. Students learn basic movements (punches, kicks and stances), katas (forms), self-defense and sparring drills. In addition to the martial arts being taught, Karate is a great workout; come to class ready to sweat!

Classes are taught by Adam Segal, a certified black belt instructor with over 13 years of teaching experience, and 20 years of training in Karate-Do. Students will have the opportunity to test for rank and compete in tournaments, but it is not a requirement for participation in class.



Class Times

Monday 6:30 - 7:30pm

and

Wednesday 6:30 - 7:30pm

(Classes are held in the Wellness Classroom)

Cost

YMCA Members \$68

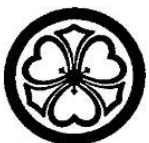
Non-members \$153

Members Signups begin Monday, January 23
Non-member signups begin Monday, January 30



糸東流空手道玄武会

The goal of the Ithaca YMCA Karate-Do program is to build character through positive role models and training which emphasizes the values of traditional Japanese martial arts: courtesy, respect, self-discipline, responsibility, and hard work. In Karate, each student works at his or her own pace. All students participate, not just those who are the best or most talented. As students advance and become more experienced, they are expected to be good role models and help newer students learn.



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