

YMCA KARATE

Taught by certified black belt instructor, Adam Segal.

February 6 - April 14

10 Week Session

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

Member signups begin Monday, January 23

Non-member signups begin Monday, January 30

Traditional Karate classes for children and adults. We offer progressive classes for all experience levels, teaching Demura Ha Shito Ryu Karate-Do. Students will learn basic movements (punches, kicks and stances) and progress to katas (forms), age-appropriate self-defense and sparring drills.

Classes are taught by Adam Segal, a certified black belt instructor with over 13 years of teaching experience, and more than 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.

系東流空手道玄武会



Youth Karate

These are progressive classes for kids 7-15 years old of all experience levels. New students are welcome at the beginning of each 10 week session.

Once per week:

Monday 5:00 - 6:00pm (in Wellness Classroom)

YMCA Members \$32

Non-members \$72

Twice per week:

Wednesday 5:00 - 6:00pm (in Wellness Classroom)

and Saturday 12:30 - 1:30pm (in Dance Studio)

YMCA Members \$72

Non-members \$162

Intermediate Youth Karate

Friday 5:00 - 6:30pm (in Studio/Wellness Classroom)

YMCA Members \$36

Non-members \$81

This class is for students that have participated in several sessions of Karate classes and are ready to advance to the next level per the instructor's recommendation. It includes more advanced sparring, self-defense and kata practice, as well as more challenging basic techniques.

Adult Karate

Twice per week:

Monday and Wednesday 6:30 - 7:30pm (in Wellness Classroom)

YMCA Members \$68

Non-members \$153



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.



YMCA of Ithaca and Tompkins County

Graham Rd. West, Ithaca NY 14850

Phone: 607-257-0101 www.ithacaymca.com

