



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRACTICE SELF-DISCIPLINE

Youth Karate



BEGINNER

In our Youth Karate beginner classes, students will build confidence and become fit while learning basic martial art fundamentals of blocking, kicking, punching and proper stances. Students will also prepare for testing by performing kata (movement patterns), one-step sparring/self-defense techniques. Students will then be promoted to each rank level after the appropriate testing. Emphasis in these classes is placed on respect discipline of character, and "defense for self-defense only" as a common theme.

Classes are Fridays 6:00-7:00pm

Ages & Dress Code

Beginner class is open to youth 6^{1/2} to 15 years old. Students must come dressed in athletic clothing with socks. A karate uniform is not required but recommended for regular and/or returning students.

UPCOMING DATES

January 13-February 3 February 10-March 2 April 20-May 11 March 16-April 6 May 25-June 15

INTERMEDIATE

At the intermediate level, students will continue to work on the fundamentals learned in the beginner level classes while also advancing their skills in the discipline. Students will continue to be promoted to higher rank levels after the appropriate testing, Emphasis in these classes is placed on respect, discipline of character, and "defense for self-defense only" as a common theme.

Classes are Fridays 7:15-8:30pm

Ages & Dress Code

Intermediate classes are open only upon successful completion of our beginner Youth Karate classes as well as the instructor's permission. Appropriate karate uniform is required for class. The instructor will provide guidance with uniform requirements during previous Youth Karate beginner class before advancing student to the intermediate class.

TAYLOR BEND FAMILY YMCA

4626 Taylor Road, Chesapeake VA 23321

P 757 638 9622 F 757 483 8822

www.ymcashr.org