



JIKC KARATE

YMCA Central Branch
Tuscaloosa, AL



Summer Karate Class Schedule

EFFECTIVE

4 June 2007

The karate program offered here at the YMCA is **JIKC Karate**, Japan International Karate Center, that teaches a Japanese style of karate called hei wado-ryu. This is a conservative "hard style" martial art noted for its simple and aggressive use of hands and feet, as well as for its emphasis on developing character and self-discipline.

Adults, families, children 5 years old and above are all welcome.

The aim of **JIKC Karate** is not to train for sport competition or for conquering other people but rather to conquer the weaknesses within one's self. In other words, the goal of training in **JIKC Karate** is to earn a longer, happier, peaceful, and more energetic life.

Classes are taught in a traditional manner, including learning basic sparring techniques and kata, as well as practicing in controlled sparring sets. Kata are simulated sparring sequences designed to teach coordination of blocking and attacking techniques in various situations. All beginning classes are non-competitive, and beginning training excludes body contact.

INSTRUCTORS: Sensei Beth Bennett
Sensei Howard Miller
Sensei Roy Woodard, Regional Director



YMCA Karate Program

Director: Sensei Beth Bennett
E-mail: sensei_beth@bellsouth.net
Web Site: <http://www.jikc-karate.org>

TO PARTICIPATE IN JIKC KARATE --
ONLY \$16.00 PER MONTH.

FAMILIES OF 3 OR MORE HAVE A REDUCED RATE.

ASK ABOUT OUR "GI-WHIZ" SPECIAL RATE!
(3 MONTHS PLUS A UNIFORM)

Sunday (twice a month)	8-10:00 a.m.	JIKC Instructor class	Sensei Roy YMCA karate room
Monday	5:00-6:00	JIKC karate open class	Sensei Howard YMCA karate room
Tuesday	5:00-5:45 6:00-7:00	Children (5-9 yrs) karate class JIKC karate open class	Sensei Howard YMCA karate room Sensei Howard YMCA karate room
Wednesday	5:00-6:00	JIKC karate open class	Sensei Beth YMCA karate room
Thursday	5:00-5:45 6:00-7:00	Children (5-9 yrs) karate class JIKC karate open class	Sensei Beth YMCA karate room Sensei Beth YMCA karate room
Friday	6:00-7:00	JIKC karate open class	Sensei Roy YMCA karate room