



YMCA
Central Branch
Tuscaloosa,
AL



Spring
Schedule

Karate Classes

EFFECTIVE

12 January
2009

Sunday	8-10:00 a.m. JIKC Instructor class	<i>Sensei Roy</i> YMCA karate room
Monday	5:30-6:30 JIKC karate open class 6-6:50 p.m. UA Beginning Karate	<i>Sensei Howard</i> YMCA karate room <i>Sensei Beth Moore</i> Hall gym (UA)
Tuesday	5:30-6:30 JIKC karate open class 6:00-6:50 Bama Karate open class	<i>Sensei Howard</i> YMCA karate room <i>Sensei Beth Moore</i> Hall gym (UA)
Wednesday	5:30-6:30 JIKC karate open class 6-6:50 p.m. UA Beginning Karate	<i>Sensei Howard</i> YMCA karate room <i>Sensei Beth Moore</i> Hall gym (UA)
Thursday	5:30-6:30 JIKC karate open class 6:00-7:00 Bama Karate open class	<i>Sensei Beth</i> YMCA karate room <i>Sensei Howard</i> Moore Hall gym (UA)
Friday	6:00-7:00 JIKC karate open class	<i>Sensei Roy</i> YMCA karate room

JIKC KARATE

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>

COST FOR YMCA MEMBERS
 to participate in
 JIKC Karate --

ONLY \$16.00 PER MONTH
 (NON-MEMBERS \$25)

ASK ABOUT OUR
"GI-WHIZ" SPECIAL!

(3 MONTHS PLUS A UNIFORM)