

MARTIAL ARTS

LITTLE DRAGONS

Ages: 5-7. Enrollment Min 6 / Max 12. This class is designed with the younger student in mind and will teach them the basic stances, develop coordination, control and balance. Participants will gain confidence, attention span and respect for others in a positive, fun environment. **No class 11/29. Instructor: Natasha Hurt.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
417125	A	SU	12-12:40PM	9/13-11/1	CB-CR2	\$40	\$50
417125	B	SU	12-12:40PM	11/8-12/13	CB-CR2	\$25	\$35

Fee A is applied for enrollments on or before two weeks (14 days) prior to the start of the session. Fee B is applied for all enrollments processed less than 14 days from the start of the session.

KARATE - OKINAWAN KENPO

Ages: 8 and Up. Enrollment Min 10 / Max 15. Okinawan Kenpo is a style of traditional Okinawan Karate, a system of self-defense and personal development. Learn techniques effective in close fighting. During this process of learning and practicing techniques, you will also strengthen your body. Posture is improved and one's self-confidence is increased. As a result of this class, one can usually avoid violence, or minimize it when it is unavoidable. **Instructor has black belt and many years of teaching experience. No class 11/29. Instructor: Natasha Hurt.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
417110	A	SU	12:45-2PM	9/13-11/1	CB-CR2	\$48	\$58
417110	B	SU	12:45-2PM	11/8-12/13	CB-CR2	\$30	\$40

Fee A is applied for enrollments on or before two weeks (14 days) prior to the start of the session. Fee B is applied for all enrollments processed less than 14 days from the start of the session.

TAE KWON DO

Ages: 8 and Up. Enrollment Min 10 / Max 12. Tae Kwon Do is a beautiful and highly skilled art. Develop control, balance and power through the practice of Tae Kwon Do forms and one-step sparring. As the participant matures in the art, they will gain more than the ability to kick and punch. Students will improve coordination and reflexes, gain self-confidence, develop self-discipline and physical conditioning. The student will gain a greater respect for themselves, as well as their fellow students and people in society as a whole. **No class 11/24; 11/26. Instructor: Grace Daniels, Black Belt.**

CODE	SEC	DAY	TIME	DATE	LOC	FEE A	FEE B
417131	A	TR	6:45-7:45PM	9/15-11/5	ELRC-MPR	\$54	\$64
417131	B	TR	6:45-7:45PM	11/10-12/17	ELRC-MPR	\$34	\$44

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