



INTRO TO KARATE

Ages 10+

This martial arts class will have an emphasis on the “art” of martial arts. Participants will learn a variety of martial art concepts, self-defense techniques and skills, all while having fun in a positive, safe and encouraging environment. Over the course of the session, we will cover stances, focus, awareness, breath, body movement, balance, timing and yes - how to punch, block and kick.

The physical demands of the class will be light to moderate and the pace of each individual’s learning/training will be comfortable for all. We will not be breaking boards, screaming at each other or fighting (maybe some lite, controlled sparring). The overall goal of the class is to have fun, meet others and learn something about yourself and martial arts.

No karate uniform (Gi) is required, just wear loose fitting workout clothes (shorts or lite sweat pants and a t-shirt are fine). If you have a Gi, feel free to wear it. All ranks and styles are welcome, just understand the class is designed for beginners. **MIN/MAX:** 5/16

Location: Community Activity Center

Days: Wednesdays, 6:00-7:00pm
and Saturdays, 10:00-11:00am

Participant Fee: \$60

Activity # 241800-13

Sibling Fee: \$50

Activity # 241800-14

Dates: 1/10-3/17



Please visit NormalParks.org for additional program information.

