

BEING A PART of the YMCA of Glendale is different and special! We welcome and support all children and families. We help build the values of caring, honesty, respect and responsibility. We are for everyone!

People of all ages, and every race, creed, religion, income level and ability are welcome.

YOUTH AND TEEN ACTIVITIES

AfterSchool Club-
Mon-Fri. 3-6pm
Games, swim, homework
Karate
Basketball Leagues
Swimming Lessons
Swim Team
Recreational Swim
Gymnastics Lessons
Rhythmic Gymnastics
Strength Training- *15 yrs and up*

YMCA Of Glendale

OUR MISSION

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

ASSISTANCE WITH FEES

The YMCA believes in providing membership and programs to all that desire to participate. The YMCA's Financial Assistance Program, supported by donations, provides funds for those in proven need within the YMCA's available resources.

RIGHTS RESERVED

The YMCA makes every effort to avoid exercising these rights, however it reserves the right to refuse service to anyone for any reason, and the right to change programs and services without notice.



YMCA of Glendale

140 North Louise Street
Glendale, California 91206
(818) 240-4130, ext 18

www.glendaleymca.org

YMCA Martial ARTS

Judo & Karate

MARTIAL ARTS

Teaches

Respect, Discipline,
Confidence, Fitness,
Focus, Balance,
Honesty & Harmony.

Revised February 18, 2011



KARATE, FOR CHILDREN AND ADULTS

CLASS INFORMATION

Ages 5-16
Monday and Wednesday
3:45 - 4:45 pm
and
7:45 - 8:45 pm
Aerobics Center- 3rd floor
Fee: \$50.00 per month

WHO IS IT FOR?

Everyone! All fitness levels welcome! Tenshin-Kai Karate is perfect for kids because it is a Martial Art in a true sense. It teaches internal as well as physical strength, and your child will be taught in a manner that promotes peace, respect, honesty, and discipline. (It's fun too!) Adult classes cover the art of Tenshin-Kai Karate as well as real self-defense, fitness, Kobudo and Chi-Gung. Classes consist of warm-ups, stretching, basics, Kata, rolling, throwing, grappling, self-defense, joint locks, and/or sparring, depending on your level.

EQUIPMENT

Wear comfortable exercise clothes, no shoes. Karate uniforms can be purchased through the instructors. After yellow belt sparring, safety equipment is required.

ABOUT THE INSTRUCTORS

Shibucho Sam Flores is a 5th degree Black Belt in Tenshin-Kai, Tenshinryu Karate Do, and has Black Belts in Kenbu-Kai Koryu Goju Karate and Chi-Gung Karate. He has over 25 years training and studying under his Grandmaster, Tenzan Hirakawa. He has been teaching Karate at the Glendale YMCA for over 10 years. He was selected to teach based on the depth of his experience and knowledge of Tenshin-Kai's particular techniques and style, along with his unique ability to motivate his students. In 2001 he tested in Japan and received the level of Shihandai - "before a Master." Sam became a Master Teacher in 2006, and is certified to instruct in Tai Chi and Chi-Gung.

ASSISTANT INSTRUCTORS

Sempai Ben Diskin is a 1st degree Black Belt in Tenshin-Kai, Tenshinryu Karate Do. He has been studying under Shibucho for over ten years and helping with the youth classes for many of those.

Sessions Included When You Purchase A Family **Plus** Membership



Judo

Welcome to our YMCA Scholars Judo Club. We invite you to come to your first class to see if this is a sport/activity you would like for your children to pursue. To participate in the program you must become a member of the YMCA and pay a monthly fee of \$20 per month, due the last week of the current month. Should you at some point decide to pursue participating in USA Judo competitions, you will be responsible for all the costs incurred by that event.

Each participant will need to purchase a Gi which is \$60 and necessary to participate in the program. Make arrangements for your Gi with the Judo Coach.

Beginning Judo

Tuesday & Thursday 6:30 to 8:00 pm

Judo

Monday, Wednesday & Friday 7:00 to 9:00 pm

YMCA Membership Required:

Ages 8 to 14 - \$12 per month ATS or \$150 per year
Ages 3 to 7 - \$9 per month ATS or \$110 per year
Plus \$25.00 Joining Fees

Instructors:

Ken Karapetian, Head Coach:

Former Soviet Union Sambo Champion, Armenian Rep Champion, Master of Soviet Union Sport, USA Judo National Coach, Judo black belt.

Boris Arsoyev, Assistant Coach:

Judo black belt (Kodokan)

Judo Has Been Made Possible By The
Generous Support Of The:

Armenian American Chamber of Commerce