

# 2011 2012 martial arts



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## schoolage

### Judo

A Japanese self defense martial art based on the force and momentum. Known as the art of smoothness, this popular Olympic sport teaches moral values of discipline and self control as well as improves balance and coordination between the mind and body. (J. Ciobanu, Black Belt First Degree, NCCP Dojo Instructor)

JBCC, Gym 2

#### Intro Sampler

275589	W	Sep 14-28	6:00-6:45pm
275592	W	Jan 19-Feb 2	7:30-8:15pm
\$6 (Must Register)			
275590	W	Oct 5-Nov 9	6:00-6:45pm
275591	W	Nov 16-Dec 21	6:00-6:45pm
JBCC, Anchor Rm			
275593	W	Feb 1-Mar 7	7:30-8:15pm
\$38.75			

### Adapted Karate 6-13yrs

This program is for children 6-13 years old with developmental or physical disabilities. Get your muscles and minds moving with karate disciplines and techniques. A great way to learn a new sport and have fun too! (Kikai Karate)

Andrews, Windsor Rm

273316	W	Sep 7-28	4:00-5:00pm
273317	W	Oct 5-26	4:00-5:00pm
\$100			
273318	W	Nov 2-30	4:00-5:00pm
\$125			
273321	W	Dec 7-21	4:00-5:00pm
\$75			
273355	W	Jan 4-25	4:00-5:00pm
273356	W	Feb 8-29	4:00-5:00pm
273357	W	Mar 7-28	4:00-5:00pm
\$100			



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### Karate - Shotokan

For individuals who are interested in learning martial arts skills and self defense, improving fitness - getting into amazing shape, and having fun. If you are serious about conditioning for BC Team, Canadian Team for international tournaments. (Shotokan) Certified Karate Instructor: Hamid Tarighatbin 2nd DAN Champion of Canada 4 years Champion of BC.

#### 5-7yrs

Neighbourhood House, Inman Rm			
269180	Tu,Th	Sep 13-Dec 8	3:30-4:30pm
\$128			
269190	Tu,Th	Jan 3-Mar 29	3:30-4:30pm
\$130			

#### 8-12yrs

Neighbourhood House, Inman Rm/Gym			
269178	Tu,Th	Sep 13-Dec 8	4:30-5:30pm
\$128			
269191	Tu,Th	Jan 3-Mar 29	4:30-5:30pm
\$130			

#### 13-18yrs

Neighbourhood House, Inman Rm/Gym			
269181	Tu,Th	Sep 13-Dec 8	5:30-7:00pm
\$134			
269189	Tu,Th	Jan 3-Mar 29	5:30-7:00pm
\$136			

#### 18yrs&up

269182	Tu,Th	Sep 13-Dec 8	7:00-8:30pm
\$152			
269188	Tu,Th	Jan 3-Mar 29	7:00-8:30pm
\$154			

### Karate

Karate techniques combined with boxing skills with an emphasis on stance, posture and traditional values. Benefit from increased self discipline, self defense, fitness and fun. (Belt and suit costs extra.) (Mike H.)

#### All Levels 9-15yrs

Andrews, Windsor Rm			
273250	Tu,F	Sep 20-Dec 16	5:30-6:30pm
\$168.75			
273281	Tu,F	Jan 10-Mar 9	5:30-6:30pm
\$126			

### Beginner/Intermediate 9-13yrs

McDougall, Activity Rm			
273573	M,W	Sep 19-Dec 7	7:20-8:20pm
\$155.25			
273574	M,W	Jan 9-Mar 7	7:20-8:20pm
\$126			

### Intermediate 6-11yrs

McDougall, Activity Rm			
273575	M,W	Sep 19-Dec 7	6:20-7:20pm
\$155.25			
273576	M,W	Jan 9-Mar 7	6:20-7:20pm
\$126			

### Intermediate/Advanced 6-10yrs

Andrews, Windsor Rm			
276086	Tu,F	Sep 20-Dec 16	4:30-5:30pm
\$168.75			
276087	Tu,F	Jan 10-Mar 9	4:30-5:30pm
\$126			

### Karate Kid

Karate techniques are combined with boxing skills with an emphasis on stance, posture and traditional values. Benefit from increased self-discipline, self-defense, fitness and fun. (Mike H.)

#### 5-8yrs

Andrews, Windsor Rm			
273125	Tu	Sep 20-Dec 13	3:30-4:30pm
\$87.75			
273126	F	Sep 23-Dec 9	3:30-4:30pm
\$81			
273161	Tu	Jan 10-Mar 6	3:30-4:30pm
273162	F	Jan 13-Mar 9	3:30-4:30pm
\$63			

#### McDougall, Activity Rm

273585	W	Sep 14-Nov 30	5:20-6:20pm
\$81			
273586	Sa	Sep 17-Dec 3	8:30-9:30am
\$74.25			
273590	W	Jan 11-Mar 7	5:20-6:20pm
273589	Sa	Jan 7-Mar 3	8:30-9:30am
\$63			

#### Parkgate, Large Multi-purpose Rm

272682	Th	Sep 22-Dec 8	5:00-6:00pm
\$81			
272685	Th	Jan 5-Mar 8	5:00-6:00pm
\$70			

# martial arts



## Karate Kid 5-8 yrs Camp

McDougall, Activity Rm

273591 M,W,F Mar 12-23 4:35-5:35pm  
\$42 for 2 wks / \$21 for 1 wk

## Tae Kwon Do

A high energy martial arts program teaching personal development and self defense. This modern class helps develop strength flexibility and confidence while learning about urban awareness. This program is very popular with all ages. (Paul G.)

### Beginner Camp 6-12yrs

Delbrook, Gym

276451 M,W/F Mar 12-16 3:30-4:30pm  
276452 M,W/F Mar 19-23 3:30-4:30pm  
\$27 (Individual days available.)

### Beginner 6-12yrs

265975 M Sep 12-26 3:30-4:30pm  
265976 W Sep 14-28 3:30-4:30pm  
265977 F Sep 16-30 3:30-4:30pm  
\$27  
265978 M Oct 3-31 3:30-4:30pm  
265979 W Oct 5-26 3:30-4:30pm  
265980 F Oct 7-28 3:30-4:30pm  
\$36  
265982 W Nov 2-30 3:30-4:30pm  
\$45  
265983 F Nov 4-25 3:30-4:30pm  
\$27  
265981 M Nov 7-28 3:30-4:30pm  
\$36  
266031 M Dec 5-12 3:30-4:30pm  
266032 W Dec 7-14 3:30-4:30pm  
266033 F Dec 9-16 3:30-4:30pm  
\$18  
266277 M Jan 9-30 3:30-4:30pm  
266278 W Jan 4-25 3:30-4:30pm  
266279 F Jan 6-27 3:30-4:30pm  
\$36  
266281 W Feb 1-29 3:30-4:30pm  
\$45

### Tae Kwon Do cont.

266280 M Feb 6-27 3:30-4:30pm  
266282 F Feb 3-24 3:30-4:30pm  
\$36  
266283 M Mar 5-26 3:30-4:30pm  
266284 W Mar 7-28 3:30-4:30pm  
\$18  
266287 F Mar 2-30 3:30-4:30pm  
\$27  
Seylynn, Gym  
275219 M,W Sep 12-28 6:00-7:00pm  
\$54  
275223 M Sep 12-26 6:00-7:00pm  
275225 W Sep 14-28 6:00-7:00pm  
\$27  
275541 Tu,Th Sep 13-29 4:45-5:45pm  
\$54  
275542 Tu Sep 13-27 4:45-5:45pm  
275543 Th Sep 15-29 4:45-5:45pm  
\$27  
275227 M,W Oct 3-Nov 2 6:00-7:00pm  
\$81  
275231 M Oct 3-Nov 2 6:00-7:00pm  
\$36  
275229 W Oct 5-Nov 2 6:00-7:00pm  
\$45  
275544 Tu,Th Oct 4-Nov 3 4:45-5:45pm  
\$90  
275546 Tu Oct 4-Nov 1 4:45-5:45pm  
275547 Th Oct 6-Nov 3 4:45-5:45pm  
\$45  
275220 W,M Nov 7-30 6:00-7:00pm  
\$72  
275221 M Nov 7-28 6:00-7:00pm  
275222 W Nov 9-30 6:00-7:00pm  
\$36  
275548 Tu,Th Nov 8-Dec 1 4:45-5:45pm  
\$72  
275549 Tu Nov 8-29 4:45-5:45pm  
275550 Th Nov 10-Dec 1 4:45-5:45pm  
\$36  
275282 M,W Dec 5-14 6:00-7:00pm  
\$36  
275289 M Dec 5-12 6:00-7:00pm  
275291 W Dec 7-14 6:00-7:00pm  
\$18  
275551 Tu,Th Dec 6-15 4:45-5:45pm  
\$36  
275552 Tu Dec 6-13 4:45-5:45pm  
275553 Th Dec 8-15 4:45-5:45pm  
\$18  
275554 Tu,Th Jan 3-Feb 2 4:45-5:45pm  
\$90  
275555 Tu Jan 3-31 4:45-5:45pm  
275556 Th Jan 5-Feb 2 4:45-5:45pm  
\$45  
275338 W,M Jan 4-Feb 1 6:00-7:00pm  
\$81  
275339 M Jan 9-30 6:00-7:00pm  
\$36  
275340 W Jan 4-Feb 1 6:00-7:00pm  
\$45  
275557 Tu,Th Feb 7-Mar 8 4:45-5:45pm  
\$90  
275558 Tu Feb 7-Mar 6 4:45-5:45pm

### Tae Kwon Do cont.

275559 Th Feb 9-Mar 8 4:45-5:45pm  
\$45  
275341 M,W Feb 6-Mar 7 6:00-7:00pm  
\$90  
275342 M Feb 6-Mar 5 6:00-7:00pm  
275343 W Feb 8-Mar 7 6:00-7:00pm  
\$45  
275346 M,W Mar 12-21 6:00-7:00pm  
\$36  
275344 M Mar 12-19 6:00-7:00pm  
275345 W Mar 14-21 6:00-7:00pm  
\$18  
275562 Tu,Th Mar 13-22 4:45-5:45pm  
\$36  
275560 Tu Mar 13-20 4:45-5:45pm  
275561 Th Mar 15-22 4:45-5:45pm  
\$18  
275347 M,W Mar 26-4 6:00-7:00pm  
\$36  
275348 M Mar 26 6:00-7:00pm  
275349 W Mar 28 6:00-7:00pm  
\$18  
275563 T,Th Mar 27-Apr 5 4:45-5:45pm  
\$36  
275564 Tu Mar 27-Apr 3 4:45-5:45pm  
275565 Th Mar 29-Apr 5 4:45-5:45pm  
\$18

### Intermediate/Advanced Camp 6-12yrs

Delbrook, Gym

276451 M,W,F Mar 12-16 3:30-4:30pm  
276452 M,W,F Mar 19-23 3:30-4:30pm  
\$27 (Individual days available.)

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## CAPILANO SEIKIDOKAN JUDO CLUB

Judo is a martial art & a full Olympic sport. Judo is one of the most widely participated sports in the world with around 200 member countries in the International Judo Federation. Judo promotes fitness, coordination, & self-discipline.

**Beginners welcome!**  
Classes for 8yrs+ & all levels held at St Catherine's Church Gym (Edgemont Village).

**Fall Session: Sept 8-Dec 16**  
**Juniors 8-13yrs:** Tu & Th 7-8pm  
**Seniors 13yrs+:** Tu & Th 8-9:30pm  
\$210

**Winter Session: Jan 5-Mar 29**  
**Juniors 8-13yrs:** Tu & Th 7-8pm  
**Seniors 13yrs+:** Tu & Th 8-9:30pm  
\$160

Info: Hiroshi Nishi 604-786-7455  
Registration: 604-987-Play (7529)  
[capseikidokan@gmail.com](mailto:capseikidokan@gmail.com)

## Intermediate/Advanced 6-12yrs

### Delbrook, Gym

265984	M	Sep 12-26	4:30-5:30pm
265985	W	Sep 14-28	4:30-5:30pm
265986	F	Sep 16-30	4:30-5:30pm
\$27			
265987	M	Oct 3-31	4:30-5:30pm
\$45			
265988	W	Oct 5-26	4:30-5:30pm
265989	F	Oct 7-28	4:30-5:30pm
\$36			
265991	W	Nov 2-30	4:30-5:30pm
\$45			
265992	F	Nov 4-25	4:30-5:30pm
\$27			
265990	M	Nov 7-28	4:30-5:30pm
\$36			
266045	M	Dec 5-12	4:30-5:30pm
266046	W	Dec 7-14	4:30-5:30pm
266047	F	Dec 9-16	4:30-5:30pm
\$18			
266290	W	Jan 4-25	4:30-5:30pm
266291	F	Jan 6-27	4:30-5:30pm
266289	M	Jan 9-30	4:30-5:30pm
\$36			
266293	W	Feb 1-29	4:30-5:30pm
\$45			
266292	M	Feb 6-27	4:30-5:30pm
266294	F	Feb 3-24	4:30-5:30pm
\$36			
266295	M	Mar 5-26	4:30-5:30pm
266296	W	Mar 7-28	4:30-5:30pm
\$18			
266300	F	Mar 2-30	4:30-5:30pm
\$27			

### Seylynn, Gym

275472	Tu,Th	Sep 13-29	4:45-5:45pm
\$54			
275473	Tu	Sep 13-27	4:45-5:45pm
275474	Th	Sep 15-29	4:45-5:45pm
\$27			
275475	Tu,Th	Oct 4-27	4:45-5:45pm
\$72			
275476	Tu	Oct 4-25	4:45-5:45pm
275477	Th	Oct 6-27	4:45-5:45pm
\$36			
275478	Tu,Th	Nov 1-Dec 1	4:45-5:45pm
\$90			
275479	Tu	Nov 1-29	4:45-5:45pm
275480	Th	Nov 3-Dec 1	4:45-5:45pm
\$45			
275481	Tu,Th	Dec 2-15	4:45-5:45pm
\$36			
275482	Tu	Dec 6-13	4:45-5:45pm
275483	Th	Dec 8-15	4:45-5:45pm
\$18			
275486	Tu,Th	Jan 3-Feb 2	4:45-5:45pm
\$90			
275485	Tu	Jan 3-31	4:45-5:45pm
275484	Th	Jan 5-Feb 2	4:45-5:45pm
\$45			
275487	Tu,Th	Feb 7-Mar 8	4:45-5:45pm
\$90			
275488	Tu	Feb 7-Mar 6	4:45-5:45pm
275489	Th	Feb 9-Mar 8	4:45-5:45pm
\$45			
275492	Tu,Th	Mar 13-22	4:45-5:45pm
\$36			

## Tae Kwon Do cont.

275490	Tu	Mar 13-20	4:45-5:45pm
275491	Th	Mar 15-22	4:45-5:45pm
\$18			
275493	Tu,Th	Mar 27-Apr 5	4:45-5:45pm
\$36			
275494	Tu	Mar 27-Apr 3	4:45-5:45pm
275495	Th	Mar 29-Apr 5	4:45-5:45pm
\$18			

## youth & adult Hapkido 13 yrs&up

Hapkido is described as the way of coordinating power and is a dynamic, eclectic form of Lorean martial art. A form of self defense, it emphasizes circular motion, non-resisting movement and control of the opponent. (Blaine C.)

### JBCC, Anchor Rm

275924	Tu	Sep 20-Oct 4	6:30-7:30pm
275933	Tu	Jan 10-24	6:30-7:30pm
\$6 (Must register)			
275925	Tu	Oct 11-Nov 1	6:30-7:30pm
275932	Tu	Nov 15-Dec 1	6:30-7:30pm
275934	Tu	Feb 7-28	6:30-7:30pm
\$34.80			



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## Japan Karate Association

Real Karate  
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teens and  
children  
aged 7 or older  
in North  
Vancouver



Our instructors are fully Karate BC certified, and all are members of the famous Japan Karate Association.

We offer traditional Shotokan karate in a friendly atmosphere.

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604 710 1988  
www.jkavan.ca

## Judo

Known as the art of smoothness, this popular Olympic sport teaches moral values of discipline and self control as well as improves balance and coordination.  
(J. Ciobanu, Black Belt First Degree, NCCP Dojo Instructor)

### Intro Sampler

#### JBCC, Anchor Rm

275597	Th	Sep 15-22	6:30-7:30pm
\$6 (Must register)			
275598	Th	Sep 29-Nov 10	6:30-7:30pm
275599	Th	Nov 17-Dec 22	6:30-7:30pm
\$38.75			
275601	Th	Jan 19-Mar 22	6:30-7:30pm
\$51.68			

## Karate

Karate techniques combined with boxing skills with an emphasis on stance, posture and traditional values. (Belt and suit cost extra) (Mike H.)

### All Levels 9-15yrs

#### Andrews, Windsor Rm

273250	Tu,F	Sep 20-Dec 16	5:30-6:30pm
\$168.75			
273281	Tu,F	Jan 10-Mar 9	5:30-6:30pm
\$126			

#### McDougall, Activity Rm

273577	Tu,Th	Sep 20-Dec 8	7:30-9:00pm
\$243			
273579	Tu,Th	Jan 10-Mar 8	7:30-9:00pm
\$189			

### Beginner/Intermediate 9-13yrs

#### McDougall, Activity Rm

273573	M, W	Sep 19-Dec 7	7:20-8:20pm
\$155.25			
273574	M, W	Jan 9-Mar 7	7:20-8:20pm
\$126			

### Intermediate 6-11yrs

#### McDougall, Activity Rm

273575	M,W	Sep 19-Dec 7	6:20-7:20pm
\$155.25			
273576	M,W	Jan 9-Mar 7	6:20-7:20pm
\$126			

## Ju-jitsu 12yrs&up

Ju-jitsu encompasses the techniques of Karate, Judo and Akido. This martial art is geared towards developing your own personal self defense system. Participants will learn techniques that have real world applications.

### Seylynn, Gym

272456	Tu	Sep 13-Dec 13	7:30-9:00pm
272458	Tu	Jan 10-Apr 10	7:30-9:00pm
\$105			

# martial arts



## adult

### Qi Gong

Bring harmony and balance to your body, mind and soul, through Qi Gong techniques. This course which is similar to Tai Chi will teach you several techniques which you can take home to practice and experience the benefits for yourself.

(Lynne C.)

**JBCC, Anchor Rm**

270712 W Sep 14-Nov 23 9:00-10:00am

270713 F Sep 16-Nov 25 9:30-10:30am

275627 W Jan 11-Mar 28 9:00-10:00am

275628 F Jan 13-Mar 30 9:30-10:30am

\$60

(Brad W.)

**Parkgate, North Wing Multipurpose Room**

272695 Th Sep 22-Oct 27 2:00-3:00pm

272699 Th Nov 3-Dec 8 2:00-3:00pm

\$42/\$30 adult 55+

272700 Th Jan 19-Mar 8 2:00-3:00pm

\$57.60/\$41.20 adult 55+

### Tae Kwon Do

#### Beginners to Advanced

A high energy martial arts program teaching personal development and self defense. This modern class helps develop strength flexibility and confidence while learning about urban awareness. This program is very popular with all ages. (Paul G.)

**Seylynn, Gym**

275303 M, W Sep 12-28 7:00-8:00pm

\$81

275305 M Sep 12-26 7:00-8:00pm

275304 W Sep 14-28 7:00-8:00pm

\$40.50

275306 M, W Oct 3-Nov 2 7:00-8:00pm

\$121.50

275311 M Oct 3-31 7:00-8:00pm

\$54

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### Tae Kwon Do cont.

275307 W Oct 5-Nov 2 7:00-8:00pm

\$67.50

275309 M,W Nov 7-30 7:00-8:00pm

\$108

275308 M Nov 7-28 7:00-8:00pm

275310 W Nov 9-30 7:00-8:00pm

\$54

275330 M, W Dec 5-14 7:00-8:00pm

\$54

275332 M Dec 5-12 7:00-8:00pm

275335 W Dec 7-14 7:00-8:00pm

\$27

275460 W, M Jan 4-Feb 1 7:00-8:00pm

\$121.50

275462 W Jan 4-Feb 1 7:00-8:00pm

\$67.50

275461 M Jan 9-30 7:00-8:00pm

\$54

275464 M, W Feb 6-Mar 7 7:00-8:00pm

\$135

275463 M Feb 6-Mar 5 7:00-8:00pm

275465 W Feb 8-Mar 7 7:00-8:00pm

\$67.50

275468 M,W Mar 12-21 7:00-8:00pm

\$54

275466 M Mar 12-19 7:00-8:00pm

275467 W Mar 14-21 7:00-8:00pm

\$26

275469 M,W Mar 26-Apr 4 7:00-8:00pm

\$54

275470 M Mar 26-Apr 2 7:00-8:00pm

275471 W Mar 28-Apr 4 7:00-8:00pm

\$27

### Tai ChiYang Style All Forms

Intermediate students will learn a variety of Tai Chi styles that will enhance their understanding of tai chi, gijong, meditative and stress relieving techniques.

#### Intermediate

**Neighbourhood House, Gym**

272966 Tu,Th Sep 13-Oct 20 8:30-10:00am

\$90 1.5 hrs /\$72 1 hr

272967 Tu,Th Oct 25-Dec 8:30-10:00am

\$97 1.5 hrs /\$78 1 hr

272970 Tu,Th Jan 10-Feb 16 8:30-10:00am

272971 Tu,Th Feb 21-Mar 29 8:30-10:00am

\$90 1.5 hrs / \$72 1 hr

#### Advanced

Advanced students will review advanced forms of yang, sun, chen & weapons forms. Permission from Head Instructor required.

**Neighbourhood House, Gym**

272989 Tu,Th Sep 13-Oct 20 8:30-10:00am

\$100

276386 Tu,Th Oct 25-Dec 8 8:30-10:00am

\$110.50

272990 Tu,Th Jan 13-Feb 16 8:30-10:00am

276387 Tu,Th Feb 21-Mar 29 8:30-10:00am

\$72

### Tai ChiYang Style All Forms

#### Beginners

**JBCC, Shoreline Rm**

271976 W Sep 14-Nov 23 10:30-11:45AM

\$70

275786 W Jan 11-Mar 28 10:30-11:30am

**Magnussen, Eagle Rm**

272470 Th Sep 22-Oct 27 7:30-8:30pm

272469 Th Nov 3-Dec 15 7:30-8:30pm

272475 Th Jan 5-Feb 9 7:30-9:00pm

272471 Th Feb 16-Mar 22 7:30-8:30pm

272474 Th Sep 22-Oct 27 7:30-9:00pm

272472 Th Jan 5-Feb 9 7:30-8:30pm

272473 Th Nov 3-Dec 15 7:30-9:00pm

\$52.50

272476 Th Feb 16-Mar 22 7:30-9:00pm

\$45

**Neighbourhood House, Gym**

272954 Tu,Th Sep 13-Oct 20 9:00-10:00am

\$72

272955 Tu,Th Oct 25-Dec 8 9:00-10:00am

\$78

272956 Tu,Th Jan 10-Feb 16 9:00-10:00am

272857 Tu,Th Feb 21-Mar 29 9:00-10:00am

\$72

#### All Levels

(Brad W.)

**Parkgate, Mary Hunter Hall**

272704 W Sep 21-Oct 26 7:00-8:30pm

272713 W Nov 2-Dec 7 7:00-8:30pm

\$63/\$51 adult 55+

**Parkgate, 2nd Floor Multi-Purpose Rm**

272714 W Jan 18-Mar 7 7:00-8:30pm

\$86.40/\$70 adult 55+

### Tai Chi/Qi Gong

This course uses breathing techniques, relaxation, and comfortable natural movement to improve blood flow, strengthen the immune system, boost energy level, tone muscles, improve balance and bone density. (Brad W.)

**Delbrook, Tamarack Rm**

265973 Tu Sep 20 11:15-12:15pm

268210 Tu Jan 3 11:15-12:15pm

Free-must register

265974 Tu Sep 27-Nov 1 11:15-12:15pm

266422 Tu Nov 8-Dec 13 11:15-12:15pm

268211 Tu Jan 10-Feb 14 11:15-12:15pm

268212 Tu Feb 21-Mar 27 11:15-12:15pm

\$31.50

### adult 55+

### Tai Chi Seniors 55+

Our instructor works with you to emphasize stretching, balance and relaxation. A portion of each class is dedicated to Qi Gong. Beginners class runs 10:00-11:00am, advanced class 10:30-11:30am. (Corinne R.)

**Mollie Nye House**

269101 Aug 15-Sep 21 10:00-11:30am

269102 Sep 26-Nov 2 10:00-11:30am

\$48.18 / \$44 LVSA

269121 Nov 7-Dec 14 10:00-11:30am

269123 Jan 9-Feb 15 10:00-11:30am

269122 Feb 20-Mar 28 10:00-11:30am

\$52.56 or \$48 LVSA

