

martial arts 2011



preschool

Please see the Early Years 0-6 Section of the Leisure Guide.

schoolage

Capoeira

A Brazilian martial art that combines music, dance and personal defence. An excellent course to improve fitness while experiencing another culture.

JBCC, Shoreline Rm

260640 W Apr 6 4:00-5:00pm
Free - must register
260642 W Apr 13-May 18 4:00-5:00pm
260641 W May 25-Jun 29 4:00-5:00pm
\$33
264342 W Jul 6-Aug 3 4:00-5:00pm
\$27.50

See p. 10 for Adapted Karate 6-13yrs

Shotokan Karate All ages

For individuals who are interested in learning martial arts skills and self-defense, improving fitness - getting into amazing shape, and having fun. (Shotokan) Certified Karate Instructor: Hamid Tarighatbin 2nd DAN Champion of Canada 4 years Champion of BC. Must pay Karate BC Membership fee to instructor \$35/yr.

Neighbourhood House, Inman Rm

White/Yellow Belt

258411 Tu,Th Apr 19-Jun 30 3:30-4:30pm
\$124
258421 Tu,Th Jul 5-Sep 1 3:30-4:30pm
\$100

Yellow/Orange Belt

258407 Tu,Th Apr 19-Jun 30 4:30-5:30pm
\$124
258431 Tu,Th Jul 5-Sep 1 4:30-5:30pm
\$100

Orange/Green Belt

258412 Tu,Th Apr 19-Jun 30 5:30-7:00pm
\$128
258422 Tu,Th Jul 5-Sep 1 5:30-7:00pm
\$110

Teen/Adult

Green/Brown Belt

(Karate BC Membership fee not included \$35/yr)
Neighbourhood House, Inman Rm
258441 Tu,Th Apr 19-Jun 30 7:00-8:30pm
\$152
258444 Tu,Th Jul 5-Aug 25 7:00-8:30pm
\$128

Top Karate

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. Belt & suit costs extra. (Mike H.)

Karate Kid 5-8yrs

Andrews, Windsor Rm

260396 F Apr 1-Jun 17 3:30-4:30pm
260395 Tu Apr 5-Jun 14 3:30-4:30pm
\$72.16

McDougall, Activity Rm

263409 Sa Apr 2-Jun 11 8:30-9:30am
\$60.75

McDougall, Activity Rm

263410 W Apr 6-Jun 15 5:20-6:20pm
\$74.25

McDougall, Activity Rm

264293 W Jul 6-27 3:45-4:30pm
264294 W Aug 10-31 3:45-4:30pm
\$27

Parkgate, Large Multi-Purpose Rm

263230 Th Apr 7-Jun 23 5:00-6:00pm
\$81

Karate Kid Camp 5-8yrs

McDougall, Activity Rm (Mike H.)

264219 M,W,F Jul 4-15 4:30-5:30pm
264220 M,W,F Jul 18-29 4:30-5:30pm
264221 M,W,F Aug 8-19 4:30-5:30pm
264222 M,W,F Aug 22-Sep 2 4:30-5:30pm
\$40.50

Beginner/Intermediate 9-13yrs

McDougall, Activity Rm

264296 M,W Apr 4-Jun 15 7:20-8:20pm
\$135
264302 M,W Jul 4-27 7:20-8:20pm
264303 M,W Aug 8-31 7:20-8:20pm
\$54

Intermediate 6-11yrs

McDougall, Activity Rm

264295 M,W Apr 4-Jun 15 6:20-7:20pm
\$135
264304 M,W Jul 4-27 6:20-7:20pm
\$135
264305 M,W Aug 8-31 6:20-7:20pm
\$54

Intermediate/Advanced 6-9yrs

Andrews, Windsor Rm

260386 F,Tu Apr 1-Jun 17 4:30-5:30pm
\$144.32

All Levels 9-15yrs

Andrews, Windsor Rm

260394 F,Tu Apr 1-Jun 17 5:30-6:30pm
\$145.32

All Levels Teen & Adult

264297 Tu,Th Apr 5-Jun 16 7:30-9:00pm
\$222.75
258442 Tu,Th Jul 5-28 7:30-9:00pm
264301 Tu,Th Aug 9-Sep 1 7:30-9:00pm
\$81.04

looking for daycamps?

2011
daycamp guide
coming to a
mailbox near you soon!

martial arts

martial arts

Tae Kwon Do 6-12yrs

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

Delbrook, Gym

256177	M	Apr 4-25	3:30-4:30pm
256178	W	Apr 6-27	3:30-4:30pm
\$36			
256179	F	Apr 8-29	3:30-4:30pm
\$27			
256180	M	May 2-30	3:30-4:30pm
256181	W	May 4-25	3:30-4:30pm
256182	F	May 6-27	3:30-4:30pm
\$36			
256173	W	Jun 1-29	3:30-4:30pm
\$45			
256176	F	Jun 3-24	3:30-4:30pm
256172	M	Jun 6-27	3:30-4:30pm
\$36			

Seylynn, Gym

252299	M,W	Mar 28-30	6:00-7:00pm
\$18			
263474	M,W	Apr 4-27	6:00-7:00pm
\$63			
263475	M	Apr 4-18	6:00-7:00pm
\$27			
263476	W	Apr 6-27	6:00-7:00pm
\$36			
263478	M,W	May 2-Jun 1	6:00-7:00pm
\$72			
263477	M	May 2-23	6:00-7:00pm
\$36			
263479	W	May 4-Jun 1	6:00-7:00pm
\$45			
263480	M,W	Jun 6-29	6:00-7:00pm
\$72			
263481	M	Jun 6-27	6:00-7:00pm
263482	W	Jun 8-29	6:00-7:00pm
\$36			

Intermediate/Advanced

Delbrook, Gym

256191	M	Apr 4-18	4:30-5:30pm
256193	F	Apr 8-29	4:30-5:30pm
\$27			
256192	W	Apr 6-27	4:30-5:30pm
256194	M	May 2-30	4:30-5:30pm
256195	W	May 4-25	4:30-5:30pm
256196	F	May 6-27	4:30-5:30pm
256189	M	Jun 6-27	4:30-5:30pm
\$36			
256190	W	Jun 1-29	4:30-5:30pm
\$45			
256187	F	Jun 3-24	4:30-5:30pm
\$36			

For Tae Kwon Do Camps at Delbrook and Seylynn, please see the upcoming northvanrec Daycamp Guide

Tae Kwon Do cont.

Seylynn, Gym

252344	Tu,Th	Mar 29-31	4:45-5:45pm
\$18			
263543	Tu,Th	Apr 5-28	4:45-5:45pm
\$72			
263544	Tu	Apr 5-26	4:45-5:45pm
263545	Th	Apr 7-28	4:45-5:45pm
\$36			
263546	Tu,Th	May 3-Jun 2	4:45-5:45pm
\$90			
263547	Tu	May 3-31	4:45-5:45pm
263548	Th	May 5-Jun 2	4:45-5:45pm
\$45			
263549	Tu,Th	Jun 7-30	4:45-5:45pm
\$72			
263550	Tu	Jun 7-28	4:45-5:45pm
263551	Th	Jun 9-30	4:45-5:45pm
\$36			

Summer Program (All Levels)

Seylynn, Gym

263586	M,W	Jul 4-27	6:00-7:00pm
\$72			
263584	W	Jul 6-27	6:00-7:00pm
\$36			
263587	M,W	Aug 3-31	6:00-7:00pm
\$81			
263588	W	Aug 3-31	6:00-7:00pm
\$45			

youth & adults

Capoeira 14yrs&up

A Brazilian martial art that combines music, dance and personal defence. An excellent course to improve fitness while experiencing another culture.

JBCC, Anchor Rm

260646	Th	Apr 14-May 19	5:00-6:00pm
260645	Th	May 26-Jun 30	5:00-6:00pm
\$33			
264346	Th	Jul 7-Aug 25	5:00-6:00pm
\$44			

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

262928	Tu	Apr 5-Jun 28	7:30-9:00pm
262929	Th	Apr 7-Jun 30	7:30-9:00pm
\$97.50			

Tae Kwon Do Beginners Teen/Adult

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

Beginners

252613	M,W	Mar 28-30	7:00-8:00pm
\$27			
263489	M,W	Apr 4-27	7:00-8:00pm
\$94.50			
263490	M	Apr 4-18	7:00-8:00pm
\$40.50			
263491	W	Apr 6-27	7:00-8:00pm
\$54			
263492	M,W	May 2-Jun 1	7:00-8:00pm
\$121.50			
263493	M	May 2-23	7:00-8:00pm
\$54			
263494	W	May 4-Jun 1	7:00-8:00pm
\$67.50			
263495	M,W	Jun 6-29	7:00-8:00pm
\$108			
263496	M	Jun 6-27	7:00-8:00pm
263497	W	Jun 8-29	7:00-8:00pm
\$54			



CAPILANO SEIKIDOKAN JUDO CLUB

Judo is a "gentler" martial art and Olympic sport promoting fitness, coordination and discipline. Beginners welcome!

Classes for 8yrs+ and all levels held at St. Catherine's Church Gym (Edgemont Village).

Spring Session: April 5-June 16

Juniors 8-13yrs

Tuesday & Thursday 7-8pm

Seniors 13yrs+

Tuesday & Thursday 8-9:30pm

Cost: \$150

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



Tae Kwon Do cont. Intermediate

252620 M,W Mar 28-30 8:00-9:00pm \$27
 263564 M,W Apr 4-27 8:00-9:00pm \$94.50
 263565 M,W May 2-Jun 1 8:00-9:00pm \$121.50
 263566 M,W Jun 6-29 8:00-9:00pm \$108

Summer Program (All levels)

263605 M,W Jul 4-27 7:00-8:00pm \$108
 263607 W Jul 6-27 7:00-8:00pm
 263609 M,W Aug 3-31 7:00-8:00pm \$121.50
 263608 W Aug 3-31 7:00-8:00pm \$67.50

Qi Gong

Bring harmony and balance to your body, mind and soul. This course is similar to Tai Chi and will teach you several techniques to practice. Experience the benefits for yourself.

JBCC, Anchor Rm

264498 F Apr 1-Jun 17 9:30-10:30am
 264499 W Apr 6-Jun 22 9:00-10:00am \$60(55+)/\$70 adult
 264492 W Jul 6-Aug 10 9:00-10:00am
 264491 F Jul 8-Aug 12 9:30-10:30am \$30(55+)/\$36 adult

Parkgate, Multi-purpose Rm

263227 Th Apr 14 - Jun 16 1:00-3:00pm \$70/\$50 (55+)

Tai Chi Senior

A program for beginners interested in a very mild form of martial arts. Our instructor works with you to emphasize stretching, balance and relaxation. A portion of each class is dedicated to Qi Gong. (Corrine R)

Beginners class: 10:00-11:00 am
 Intermediate class: 10:30-11:30 am

Mollie Nye Activity Rm

257837 M,W Apr 4-May 11 \$52.56/\$48 LVSA
 257838 M,W May 16-Jun 22 \$48.18/\$44 LVSA
 257809 M,W Jun 27-Jul 28 \$43.10/\$40 LVSA

Tai ChiYang Style All Forms

Yang style emphasizes natural movement and smooth energy flow to develop health, harmony and power. The program can include long forms, short forms, applications, Qi Gong, meditation, long sword, staff etc. Everyone welcome.

Beginner

JBCC, Shoreline Rm

This class will introduce the basic principles and movements of Tai Chi. Simple and easy, yet requiring mindfulness, you will learn all the basic postures, correct alignment, terms, and movements; 5 section 24 form.

264449 W Apr 6-Jun 22 10:30-11:45am \$60 (55+)/\$72 Adult
 264487 W Jul 6-Aug 10 10:30-11:45am \$30 (55+)/\$36 adult

Magnussen, Eagle Rm

Drop-ins available if space permits.

263051 Th Apr 14-May 19 7:30-8:30pm
 263235 Th May 26-Jun 30 7:30-8:30pm \$45
 264714 Th Jul 7-Aug 18 7:30-8:30pm \$52.50

Neighbourhood House, Gym

Two instructors teaching 5 section, 24 form, Cheng Man Ching, 108, and Qi Gong. (Lynne C.) Drop-in fees vary

262281 Tu,Th Apr 5-May 12 9:30-10:30am
 262282 Tu,Th May 17-Jun 23 9:30-10:30am \$48
 262616 Tu,Th Jul 5-Aug 25 9:30-10:30am \$58
 264066 W Jul 6-Aug 17 7:00-8:30pm \$73.50

Tai Chi Yang Style cont.

Parkgate, Multi-Purpose Rm

263219 W Apr 13-Jun 15 7:00-8:30pm \$105/\$85 adult 55+
 264066 W July 6 - Aug 17 7:00-8:30pm \$73.50/\$59.50 adult 55+

Intermediate

Two instructors teaching 5 section, 24 & 48 form, 108 Sword, Cheng Man Ching. Yi Jin Jing, Qi Gong plus advanced form practice in Sun, Chen & Fan. Drop-ins welcome - fees vary.

Neighbourhood House, Gym

262286 Tu,Th Apr 5-May 12 9:00-10:00am
 262287 Tu,Th May 17-Jun 23 9:00-10:00am \$48
 262620 Tu,Th Jul 5-Aug 25 9:00-10:00am \$58

Advanced

Magnussen, Eagle Rm

This class is run in conjunction with the beginner class. Students work at their own pace. The instructor will teach the beginners first. Drop-ins available if space permits.

263047 Th Apr 14-May 19 7:30-9:00pm
 263332 Th May 26-Jun 30 7:30-9:00pm \$45
 264717 Th Jul 7-Aug 18 7:30-8:30pm \$52.50

Neighbourhood House, Gym

Two instructors teaching 5 section, 24 & 48 form, 108, Sword, Chen Man Ching, Yi Jin Jing, Qi Gong, plus advanced form practice in Sun, Chen & Fan. Pre-requisite: Permission from Head Instructor. Drop-in fees vary.

262301 Tu,Th Apr 5-May 12 8:30-10:30am
 262302 Tu,Th May 17-Jun 23 8:30-10:30am \$60
 262623 Tu,Th Jul 5-Aug 25 8:30-10:30am \$68

Tai Chi\Qi Gong

Do you want to feel better? 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

259171 Tu,Th Apr 12-May 5 11:15-12:15pm
 264227 Tu,Th May 10-Jun 2 11:15-12:15pm \$42
 260903 Tu,Th Jul 5-Aug 11 11:15-12:15pm \$73

Japan Karate Association



Real Karate for adults, teens and children aged 7 or older

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.

**Now at St. Pius X Elementary,
1150 Mount Seymour Road,
North Vancouver**

**604 710 1988
www.jkavan.ca**



martial arts

