

- Y** Youth 6 Weeks-12 Years
- T** Teen 13-17 Years
- A** Adult 18 Years +
- M** Mature 55 Years +
- E** Everyone

## Martial Arts

### Pride, skills, power, strength and grace —

Some 100 million people throughout the world practice Martial Arts for a variety of reasons, including self-defense, physical fitness, mental tranquility and competition. Among the many benefits are improved concentration, confidence, self-esteem and self-discipline. Children enjoy Columbia Association's Martial Arts program because it's fun. Parents have found that it helps instill discipline, self-respect and character development.

*For more information and to register, please call John Bannon 410-531-8927 or visit [ColumbiaMartialArts.org](http://ColumbiaMartialArts.org).*

### **A M** Judo

Mbrs with MA, \$30  
 Club Mbrs, \$35  
 CA Res Non-Mbrs, \$50  
 Columbia Athletic Club  
 4-week sessions, ongoing  
 Sat, 12:30-1:30pm  
 Register at the front desk or call 410-730-6744.

Learn how to fall safely, throw opponents and grapple for control. The training is maximum efficiency with minimal effort. The senior instructor is a sixth-degree black belt with the U.S. Judo Association. No experience needed.

### **A M** Aikido

<b>Once Weekly</b>	<b>Up to Three Times Weekly</b>
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\$80.....	\$95 for Mbrs with MA
\$80.....	\$95 Club Mbrs
\$90.....	\$105 Non-Mbrs

On-going, join anytime.  
 Tue, 8:30-10pm, Thu, 8:30-10pm  
 Sat, 11am-12:30pm  
 8-week sessions at Columbia Athletic Club  
 Register by calling 410-730-6744.  
 Aikido, an ancient yet modern Japanese martial art, is practiced by men and women for self-defense, as well as physical fitness. Senior instructor **Dr. Yoji Kondo** is a sixth-degree black belt. No experience needed.

### **Y T** Martial Arts Beginner Class

Please call for pricing.  
 Family discounts apply.  
 Columbia Gym, ongoing,  
 Mon, 6-6:45pm, Thu, 6:30-7:15pm  
 Athletic Club, ongoing, Wed, 6-6:45pm  
 A fun and progress-oriented experience to instill a positive attitude, build confidence and self-esteem, promote the desire to learn, improve motivation and concentration, and teach self-discipline and respect.

#### **Advanced and Intermediate**

Includes safety skills.

### **E** Family Class

Ongoing 4-week sessions  
 Columbia Gym, Thu, 7:15-8pm  
 Try this fun martial arts class with your child. *Ask about our free class!*

### **Y** Lil' Dragon Program Ages 4-6 Years **Half-Hour Session, Ongoing**

Please call for pricing.  
 Family discounts apply.  
 4-week sessions  
 Columbia Gym  
 Mon, 5-5:30pm, 5:30-6pm, 6:45-7:15pm,  
 Columbia Athletic Club • Wed, 5:30-6pm  
 Supreme Sports • Sat, 11-11:30am  
 Your children will learn discipline, cooperation and respect. Parents and siblings are invited to participate to provide a comfortable family atmosphere. *For more information, call 410-531-8927.*

### **Y** Tiny Dragons Ages 2-3 Years

Please call for pricing.  
 Family discounts apply.  
 Columbia Gym, ongoing • Mon 4:30-5pm  
 Focuses on balance, coordination, basic listening and motor skills through fun drills, games and activities.

### **Y T** Chinese Kung Fu Martial Arts

Mbrs with MA, \$50 per month  
 Club Mbrs, \$55 per month  
 CA Res Non Mbrs, \$60 per month  
 4 week session, ongoing  
 Fri, 6:30pm • Columbia Gym  
 Call 410-531-8927 for more information.  
 Fun and enriching classes designed for youth of all levels (first-time, beginner and intermediate) to develop coordination, balance, flexibility, strength, speed, discipline and self-confidence.

# see what's for sale!

*at the*  
 Columbia Association  
 Membership  
 Service Center

## tickets are available for movies, concerts & sporting events gift certificates to area restaurants and more

*come to the*  
 Membership Service Center  
 at 10221 Wincopin Circle  
 or call 410-730-1801

*for more information.*

**NOTE** Schedules and fees subject to change. Please visit MartialArts.org for more information. Call 410-531-8927 for prices and to register.

## Class Descriptions

**Aikido** Aikido is an ancient, yet modern Japanese Martial Art that involves some throws and joint locks. Aikido focuses not on punches or kicks, but on using an opponents own energy against them. Positive aspects include self-defense, physical fitness and piece of mind. Senior instructor Dr. Yoji Kondo is a sixth-degree black belt. No experience necessary.

**Chinese Kung Fu** Fun and enriching classes designed for youth of all levels (first time, beginner and intermediate). Develop coordination, balance, flexibility, strength, speed, discipline and self-confidence through learning Chinese martial arts skills.

**Karate-Tae Kwon Do** Learn Tae Kwon Do, a popular form of Martial Arts, to improve your strength and coordination, build you confidence level, relieve stress and just give you an all around good workout. Self defense is an important part of this class. All levels welcome; expertise ranging from beginner to advanced. We also offer a fun family class that a parent and child can take together. Ask about monthly deduction plans.

**Family Class** Try this fun Martial Arts class with your child.

**Intermediate and Advanced** A fun, progress-oriented experience that will instill a positive attitude, build confidence, develop character and teach safety skills.

**Judo** Learn how to fall safely, throw opponents and grapple for control. The goal of Judo training is maximum efficiency with minimal effort. Senior instructor Dr. Yoji Kondo is a sixth-degree black belt. No experience necessary.

**Lil' Dragons Programs** Lil' Dragons Martial Arts program is for 4 to 6 year olds. Children will learn discipline, cooperation and respect. Parents and siblings are invited to participate to provide their children with a comfortable family atmosphere.

**Tae Kwon Do for Kids** Traditional Korean Martial Art known for it's flying and spinning kicks. Tae Kwon Do provides a fun and progress-oriented experience that will instill positive attitude, build confidence and self-esteem, develop character, promote the desire to learn, improve motivation and concentration and teach self-discipline and respect. These classes are taught in a safe and friendly environment. Classes are great for kids and adults alike. Classes are available for beginner through advanced levels.

**Tiny Dragons Programs** Tiny Dragons Martial Arts program is for 2 and 3 year olds. Program focuses on balance, coordination, basic listening and motor skills through fun drills, games and activities.

Day	Time	Club	Class
<b>Monday</b>	4:30-5pm	Col Gym	Tiny Dragons
	5-5:30pm	Col Gym	Lil' Dragons
	5:30-6pm	Col Gym	Lil' Dragons
	6-6:45pm	Col Gym	Kids Beg/Int Tae Kwon Do
	6:45-7:15pm	Col Gym	Lil' Dragons
	7:15-8pm	Col Gym	Intermediate/Advanced
<b>Tuesday</b>	8:30-10pm	Athletic Club	Aikido
<b>Wednesday</b>	5:30-6pm	Athletic Club	Lil' Dragons
	6-6:45pm	Athletic Club	Kids Beg-Adv Tae Kwon Do
	7-7:45pm	Col Gym	Beginner Advanced
<b>Thursday</b>	6:30-7:15pm	Col Gym	Beginner/Intermediate
	7:15-8pm	Col Gym	Family Tae Kwon Do
	8:30-10pm	Athletic Club	Aikido
<b>Friday</b>	6:30-7:15pm	Col Gym	Kung Fu
<b>Saturday</b>	9-10:30am	Col Gym	Sparring or Kickboxing
	11-11:30am	Supreme	Lil' Dragons
	11am-12:30pm	Athletic Club	Aikido
	12:30-1:30pm	Athletic Club	Judo

**Martial Arts**  
**CLASSES**  
 Mention this ad and receive  
**50% OFF**  
 the first month!

**Tae Kwon Do**  
**Tiny Dragons** Ages 2-3  
**Lil' Dragons** Ages 4-6  
**Beginners/Intermediate** Ages 7 and Up  
**Family Class**  
**Parent/Child** Ages 7 and Up

Visit [ColumbiaMartialArts.org](http://ColumbiaMartialArts.org) or call John Bannon at 410-531-8927.

Applies to new students only and must pay one month at full price. This offer expires 9/1/11 and cannot be combined with any other offer.

