

Belt Rank Testing

Testing is conducted once a month for Youth and Adult students who have developed the required skills for advancement. Testing is not mandatory and students are not required to test until they have demonstrated their proficiency in class. Minimum of 2 months is required between testing. The cost is \$30.

Dress Code (Karate Class Only)

Uniforms are not required for the beginning students, but are required by testing. Only white karate uniforms are allowed. Uniforms may be purchased from Sensei Antonides. *Required Equipment: Mouth piece, hard athletic cup (boys).*

About the Instructor...

The Martial Arts have been a part of my life since 1974 when I first took lessons while serving in the US Navy. I recommend the Martial Arts to anyone who wants to improve their life and physical well being. If you have any questions, comments or concerns, please do not hesitate to contact me.

Sincerely,
Michael Antonides
419-651-5228
mjantonides@wildblue.net

KARATE

*begins and ends with respect "Funakoshi;"
teaches how to set and achieve goals;
teaches how to be successful;
establishes qualities that will last a lifetime;*

20% discount for additional family member in any class for members only

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A Partner Agency

Martial Arts



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**For Youth Development,
For Healthy Living,
For Social Responsibility**

LITTLE DRAGON CLASS

Ages 5 and 6
Emphasis is on coordination, and balancing skills, learning the basics, such as punching, kicking and blocking. Prepares children for the Youth class with the basic skills to get a jump on the more advanced martial arts skills.

Mondays, 6:00 - 6:45 pm

8-Week Session Fee-

Member: \$40 Non-Member: \$65

YOUTH BEGINNERS/YOUTH CLASS

Youth ages 7-12

Students begin learning the basics through classroom and personal instruction from the Black Belt instructors. Advancement is achieved through periodic testing of skills.

Tues, 6:00-7:00pm and

Thur, 6:00-7:00 pm (sparring)

8-Week Session Fee-

Member: \$60 Non-Member: \$90

FAMILY KARATE MEMBERSHIP

This sign up is for families of at least one adult and child. May include all parents and children in the same family.

8-Week Session Fee-

Member: \$120 per family (at least one person in family must be a Y member)

Non-Member: \$175 per family

YOUTH ADVANCED / ADULT KARATE

Ages 13+

This class is for Adults of all levels and advanced youth who have been invited by Sensei Antonides to participate. This class covers all aspect of Karate from the study of Kata, Bunkai, Kumite and competition.

Tues, 7:00-8:15pm; Thur, 6:00-7:00

8-Week Session Fees-

Member: \$65 Non-Member: \$95

*This class is free with Family Karate Membership and a 75% discount if you are registered for any other class.

JUJITSU CLASS

All Ages

This class is for the instruction of Jujitsu, the ancient art of self defense that was taught to the Japanese Samurai. Includes the art of throwing, joint manipulation and submission techniques. Students are not required to compete to belong to this class, but this event has blossomed into a new competitive sport call **Jujitsu Fighting** which encompasses stand up fighting throws and ground submission that is exciting and safe.

We are a sanctioned "UNITED STATES JUJITSU FEDERATION DOJO" (USJJF), an amateur not-for-profit organization. The Governing Body for the World Games, the highest level of competition in the world.

Thursdays, 7:00 - 8:15 pm

8-Week Session Fees*-

Member: \$40 Non-Member: \$65

*Students who are signed up for any other karate class do not have to pay for this class.

Join in our Martial Arts classes anytime. No need to wait until the beginning of a session.