



# Martial Arts

## Fall 2009

Session II: Oct 19 – Dec 13

Smith Gym 215

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Youth Karate 5:00-6:00 PM <i>Mary</i>  Adult Karate 6:00-7:00 PM <i>Mary</i>	Tae Kwon Do 5:30-6:45 PM <i>Dennis</i>	Youth Karate 5:00-6:00 PM <i>Mary</i>  Adult Karate 6:00-7:00 PM <i>Mary</i>	Tae Kwon Do 5:30-6:45 PM <i>Dennis</i>		

PEB 145

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Beginning Aikido 5:00-6:00 PM <i>Robert</i>  Intermediate Aikido 6:00-7:00 PM <i>Robert</i>		Beginning Aikido 5:00-6:00 PM <i>Robert</i>  Intermediate Aikido 6:00-7:00 PM <i>Robert</i>		

SRC 256

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Beginning Capoeira 7:10-8:10 PM <i>Mason</i>		Beginning Capoeira 7:10-8:10 PM <i>Mason</i>  Intermediate Capoeira 8:15-9:15 PM <i>Mason</i>			

**Registration**

Please complete the Fitness Registration form and return it to the Student Recreation Center Service Counter or register online at [urec.wsu.edu](http://urec.wsu.edu). With receipt or proof of purchase, our refund policy is: full refund given within six days after the start of class, 50% refund within thirteen days after the start of class. No refund will be given after 13 days of the start of class.

All classes except Capoeira are open for teen registration. Individuals under the age of 18 must complete the youth registration form.

**Accessibility**

Reasonable accommodations are available with adequate prior notification. Contact Joanne Greene or Jeff Elbracht at 335-



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	Member	Non-Member	Days	Time	Location
<b>Capoeira</b>					
Capoeira is a unique Brazilian art form that infuses dance, music, gymnastics, self-defense and the Portuguese language. Those that practice this art form, known as Capoeiristas, appear to defy gravity as they jump, flip, spin and cartwheel through the air. Capoeira is a discipline and mindset that gives a rhythm to life. New for fall are beginning and advanced Capoeira classes!					
<i>Beginning</i>	\$37	\$51	MW	7:10-8:10 PM	SRC 256
<i>Intermediate</i>	\$19	\$33	W	8:15-9:15 PM	SRC 256

**Aikido**  
Learn the most physically powerful form of martial arts from a black belt instructor. Aikido is a style of self-defense that seeks to end fighting, demonstrating that "true power is peaceful, and peace is truly powerful."

<i>Beginning</i>	\$37	\$43	TTh	5:00-6:00 PM	PEB 145
<i>Intermediate</i>	\$37	\$43	TTh	6:00-7:00 PM	PEB 145

**Tae Kwon Do**  
Having become one of the most widely practiced martial arts in the world, Tae Kwon Do is a superior art of self defense and a popular Olympic sport. Taught by certified black belt instructors, Tae Kwon Do at WSU offers students a comprehensive fitness program, integrating all aspects of this dynamic martial art including self defense, full-body conditioning, and mental development.

Session II: 10/19-12/13	\$40	\$46	TTh	5:30-6:45 PM	Smith 215
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**Karate**  
Students will learn Okinawan Goju Ryu karate. The class emphasizes self defense and areas typical of karate practice: basics, kata, randori, and conditioning.

<i>Youth Karate</i>	\$37	\$43	MW	5:00-6:00 PM	Smith 215
<i>Adult Karate</i>	\$37	\$43	MW	6:00-7:00 PM	Smith 215