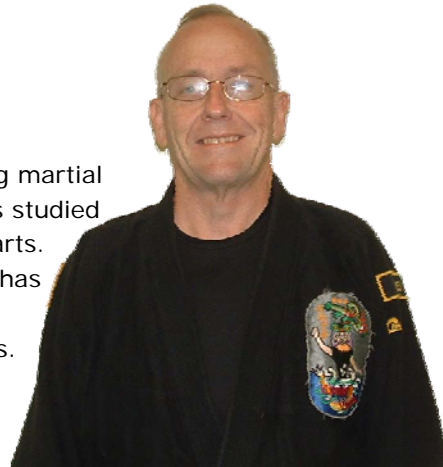


OUR INSTRUCTORS

Sensei Wayne Strunk

Mr. Strunk has been practicing martial arts for over 30 years and has studied various styles of the fighting arts. As a former Police Officer, he has experience in the practical application of defensive tactics.



Sensei Jenni Daugherty

Mrs. Daugherty has been involved with the Karate Program at the Marion Family YMCA for over 2 years. She enjoys working with young people and helping them advance through the ranks.



Register at the Marion Family YMCA or on line at www.marionfamilyymca.org



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BUILDING SELF-CONFIDENCE, DISCIPLINE AND COORDINATION

HEALTHY LIVING

KARATE PROGRAM

The Karate program benefits all who participate regardless of age or gender.

Our program helps you:

- Build Self Confidence
- Flexibility
- Physical fitness
- Mental alertness
- Coordination
- Respect
- Discipline
- Self control
- Focus
- Anger Control



Monday and Wednesday Evenings
Ages 5 –Adult
Beginner through Black Belt Ranks

MARION FAMILY YMCA

645 Barks Road East – Marion, Ohio 43302
P 740-725-9622 www.marionymca.com

HISTORY AND OUR KARATE PROGRAM

Karate is over 1000 years old and originated in the regions of Japan, Okinawa, and China. It was introduced in America in the 1950's and has become a popular sport. The term Karate is a Japanese word that means "empty hands". There are currently over 100 styles of Karate taught in the United States. The style that we will practice is *Isshin Ryu Karate*, which is one of the original

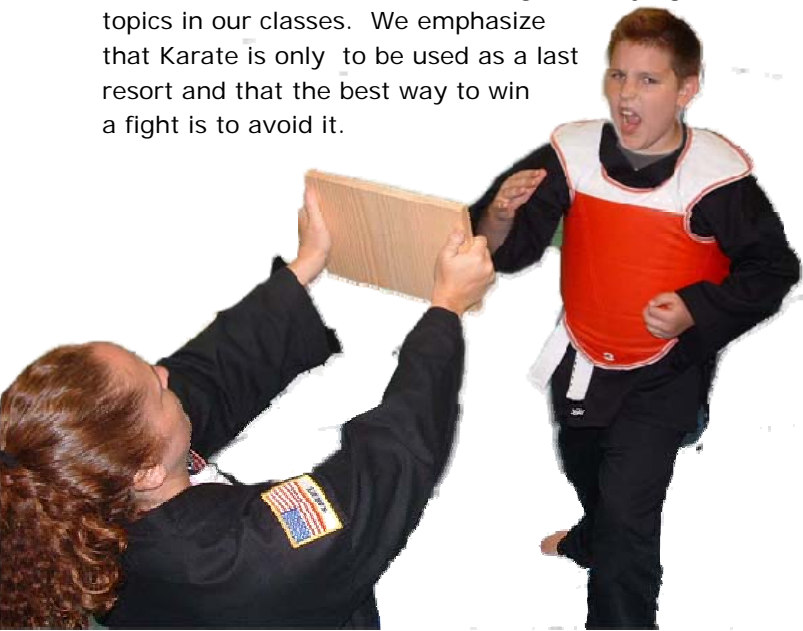
Okinawan styles. We also include practical self defense techniques that come from other forms of martial arts.

Our instruction covers ground fighting to prepare students in the event that a fight goes to the ground. We teach students takedown techniques, how to fall, reversals and basic submissions.

Sparring is an integral part of our program as it allows students to test their skills against partners of various sizes and skill levels. Sparring is fun and the students really look forward to the sparring classes.

Our program requires students to develop power and skill in the execution of their techniques. The secrets of power are: focus, breathing, KIAP, and rotation. Students show that they can do this by **BREAKING BOARDS** on belt test night! Each belt rank has a breaking requirement of one to six boards.

We want our students to learn to be safe in today's world. We talk about situational awareness, strangers, bullying and other timely topics in our classes. We emphasize that Karate is only to be used as a last resort and that the best way to win a fight is to avoid it.



FREQUENTLY ASKED QUESTIONS

1. **How old does a child need to be to start Karate?** This depends on the child and their ability to demonstrate maturity. We accept students as young as 5 as long as they are able to focus and follow basic instructions.
2. **Can adults take Karate classes?** We gladly accept adults in our Advanced class.
3. **What are the uniform requirements?** We recommend that students purchase the black Karate GI. These are available through the Y. Students practice barefooted and we recommend that jewelry not be worn in class. Nails should be kept trimmed short to avoid injury.
4. **Do students learn to defend themselves?** We teach the sport aspects of Martial Arts and also their application for self defense. All students learn a basic response to strangers approaching them or people attacking them. These skills are further tested and refined in the sparring sessions.
5. **How does Belt Testing work?** We offer belt tests approximately every 90 days. Students can progress through the ranks to earn a Black Belt. There is a specific set of skills required to be demonstrated for each rank. Belt tests are a night of celebration where family and friends are invited to witness the festivities. It is amazing the amount of material that our students are able to learn over a short period of time. The belt test ceremony offers plenty of photo opportunities to catch the students in action.
6. **How long does it take to earn a Black Belt and what are the requirements?** It normally takes 3 –4 years to earn a Black Belt. There are a long list of performance requirements, including teaching other students, a community service project, and a research paper. The Black Belt indicates that the wearer is a master of the basics of the art and ready for more serious training.
7. **What is the STORM Team?** It is the **SPECIAL TEAM OF ROLE MODELS** which is our Leadership Team. These are advanced students who assist in instructing newer students. Students are selected for this program based upon their maturity. These students receive additional training in leadership skills.