



Aikido: Isshinkan 16+ yrs

A traditional Japanese martial-art based in Aiki-Jujitsu emphasizing self-defense. Aikido uses throws, wrist and elbow locks, while using the aggressor's strength against themselves. Aikido is non-competitive and promotes fitness, self-confidence and discipline. For more info, visit www.issinkan.com. Black belt students pay \$28/mth. Drop-in \$13 (space permitting).

January

MF 7:00pm-8:30pm Jan 2-Jan 30
 ▶43460.101KR 9 sessions/\$55

February

MF 7:00pm-8:30pm Feb 3-Feb 27
 ▶43460.102KR 8 sessions/\$55

March

MF 7:00pm-8:30pm Mar 2-Mar 30
 ▶43460.103KR 9 sessions/\$55
 Instructor: John Zitnik

Capoeira 16+ yrs

A Brazilian martial art which combines dance, acrobatics, self defense, and music in a vigorous game of ritualized combat. Please wear a white shirt, white sweat pants, and bare feet. Drop in \$15, space permitting.

January

Th 7:00pm-9:00pm Jan 5-Jan 26
 ▶43401.101KR 4 sessions/\$45

February

Th 7:00pm-9:00pm Feb 2-Feb 23
 ▶43401.102KR 4 sessions/\$45

March

Th 7:00pm-9:00pm Mar 1-Mar 29
 ▶43401.103KR 5 sessions/\$45
 Instructor: Miles Mosna

Wushu 5+ yrs

Wushu, a form of Chinese Martial Arts, is an exciting and modern way of performing the art of fighting. This style has gained recognition through the Hollywood action films. Our classes will focus on developing a positive attitude, discipline, and respect. Wushu helps develop co-ordination, balance, strength, stamina, and flexibility while learning the fundamentals of basic fighting concepts such as punching, kicking, blocking, and weapons training. \$60 for a half month or once a week. Drop in \$19 (space permitting).

WF 5:00pm-7:00pm Jan 4-Jan 27
 ▶23435.101KR 8 sessions/\$80
 WF 5:00pm-7:00pm Feb 1-Feb 29
 ▶23435.102KR 9 sessions/\$80
 WF 5:00pm-7:00pm Mar 2-Mar 30
 ▶23435.103KR 9 sessions/\$80
 Instructor: Candice Wong

Wushu BEG: 5-12yrs

This class introduces children to the basics and fundamentals of Wushu; a Chinese Martial Arts. Children will develop basic punching and kicking techniques while teaching them discipline, respect, and self confidence. Drop-in \$17, space permitting.

W 4:00pm-4:45pm Jan 4-Jan 25
 ▶23437.101KR 4 sessions/\$40
 W 4:00pm-4:45pm Feb 1-Feb 29
 23437.102KR 5 sessions/\$40
 W 4:00pm-4:45pm Mar 7-Mar 28
 ▶23437.103KR 4 sessions/\$40
 Instructor: Candice Wong

Wushu: Intensive 5+ yrs

An additional class, intended for serious and competitive Wushu participants. You must have instructor approval and be registered in the Wed/Fri Wushu program. This extra class will provide more personal attention from the instructor, detailed routines, intensive cardio, weapons, and strict training.

F 7:00pm-8:00pm Jan 6-Jan 27
 ▶23436.101KR 4 sessions/\$50
 F 7:00pm-8:00pm Feb 3-Feb 24
 ▶23436.102KR 4 sessions/\$50
 F 7:00pm-8:00pm Mar 2-Mar 30
 ▶23436.103KR 5 sessions/\$50
 Instructor: Candice Wong

Karate: Butokukan

Butokukan Canada, serving Kerrisdale patrons since 1978 is fun fitness for mind and body. Butokukan meaning Training Hall of the Virtues of the Martial Arts encompasses the best from both traditional and modern Martial Arts. Available all year round this program offers you a fun and safe environment to train in. You will enjoy physical and mental exercise and develop your poise, balance, concentration and self-confidence. No classes on stat holidays.

New Member Special

This is a 2 week (4 classes) introductory program for the first time student. It includes a free karate uniform (\$60 value). Please contact the instructor to arrange a suitable start date and obtain your free uniform. For more info, call 604-299- 5061 or drop by to observe a class.

5-12yrs

MTh 5:30pm-6:30pm Jan 9-Jan 19
 ▶23410.101KR 4 sessions/\$59

13-18yrs

MTh 7:45pm-9:15pm Jan 9-Jan 19
 ▶33410.101KR 4 sessions/\$66

19+ yrs

MTh 7:45pm-9:15pm Jan 9-Jan 19
 ▶43410.101KR 4 sessions/\$66

Ongoing

Novice/Intermediate 5-12yrs

MTh 5:30pm-6:30pm Jan 9-Mar 29
 ▶23410.102KR 24 sessions/\$189

Advanced 5-12yrs

MTh 6:45pm-7:45pm Jan 9-Mar 29
 ▶23411.101KR 24 sessions/\$189

All Levels 13-18yrs

MTh 7:45pm-9:15pm Jan 9-Mar 29
 ▶33410.102KR 24 sessions/\$212

All Levels 19+ yrs

MTh 7:45pm-9:15pm Jan 9-Mar 29
 ▶43410.102KR 24 sessions/\$212
 Instructor: Harry Charalambous

ALL AGES

Taekwondo

This martial art combines elements of flexibility, power, agility, and improves mental discipline and self-confidence. Ultimate martial arts training is designed to develop physical strength and teach practical self-defense techniques. Another aspect of Taekwondo is Olympic sport sparring training, which is introduced at intermediate and advanced levels. Black belts will receive their certificates from the World Taekwondo Headquarters (Kukkiwon). All tests are conducted by Master E.Saadati, black belt (6th degree) and world Taekwondo champion. Testing is optional (belt fee extra). Uniform required. For more info, visit www.tetaekwondo.com.

Beginners

		5-13yrs
Tu	5:15pm-6:15pm	Jan 3-Mar 27
▶23440.101KR		13 sessions/\$169
W	5:00pm-6:00pm	Jan 4-Mar 28
▶23440.102KR		13 sessions/\$169
F	5:00pm-6:00pm	Jan 6-Mar 30
▶23440.103KR		13 sessions/\$169
Su	11:30am-12:30pm	Jan 8-Mar 25
▶23440.104KR		12 sessions/\$156

Intermediate

		5-13yrs
Tu	4:15pm-5:15pm	Jan 3-Mar 27
▶23441.101KR		13 sessions/\$169
W	4:00pm-5:00pm	Jan 4-Mar 28
▶23441.102KR		13 sessions/\$169
F	4:00pm-5:00pm	Jan 6-Mar 30
▶23441.103KR		25 sessions/\$169
Su	10:30am-11:30a	Jan 8-Mar 25
▶23441.104KR		12 sessions/\$156

Advanced Olympic Style

		5-13yrs
Tu	6:15pm-7:15pm	Jan 3-Mar 27
▶23443.101KR		13 sessions/\$169
F	6:00pm-7:00pm	Jan 6-Mar 30
▶23443.102KR		13 sessions/\$169

Advanced Ultimate

		5-13yrs
W	6:00pm-7:00pm	Jan 4-Mar 28
▶23442.101KR		13 sessions/\$169
Su	12:30pm-1:30pm	Jan 8-Mar 25
▶23442.102KR		12 sessions/\$156

Advanced Tiger Team

		8-13yrs
Su	1:30pm-2:30pm	Jan 8-Mar 25
▶23444.101KR		12 sessions/\$156

All Levels

Tu	7:15pm-8:15pm	Jan 3-Mar 27
▶33440.101KR		13 sessions/\$169
W	7:00pm-8:00pm	Jan 4-Mar 28
▶33440.102KR		13 sessions/\$169
F	7:00pm-8:00pm	Jan 6-Mar 30
▶33440.103KR		13 sessions/\$169
Su	2:30pm-3:30pm	Jan 8-Mar 25
▶33440.104KR		12 sessions/\$156

All Levels

		14-17yrs
Tu	8:15pm-9:15pm	Jan 3-Mar 27
▶43440.101KR		13 sessions/\$169
W	8:00pm-9:00pm	Jan 4-Mar 28
▶43440.102KR		13 sessions/\$169
F	8:00pm-9:00pm	Jan 6-Mar 30
▶43440.103KR		13 sessions/\$169
Su	3:30pm-5:00pm	Jan 8-Mar 25
▶43440.104KR		12 sessions/\$234

Instructor: Third Eye Taekwondo



Iaido

Ken Shin Dojo is certified by Canadian Iaido Association and affiliated with whole Iaido Japan. Iaido is the art of drawing and cutting with the samurai sword. The purpose of Iaido is to develop awareness, centeredness, sincerity, calmness, and mental and physical harmony through the practice of traditional sword techniques. It is the Japanese martial art that is closely associated with the samurai class and Japanese nobility. Iaidoka develops the mind towards an ultimately peaceful, harmonious, and active state ready to react and deal with any life situation. Student will receive certification from Japan Iaido Federation.

		16+ yrs
Sa	10:00am-11:45am	Jan 7-Mar 10
▶43471.101KR		10 sessions/\$260

Instructor: Bahman Ebrahimi



Kick Boxing

13+ yrs

Ken Shin dojo is a certified kick boxing school. This high energy non-contact sparring martial art will enhance your cardio-fitness, flexibility, speed, strength and endurance. You will learn standing techniques through a combination of target practice, kicking and punch bag drills. This is the ultimate combination in practical self defense. This class is suitable for all fitness levels. Course includes uniform (of value \$100) for new members. Free belt testing. Ken Shin dojo is affiliated with the Council of Amateur Sport Kickboxing. Certificates in International Kickboxing Federation offered. Drop in \$19, space permitting.

Su	1:00pm-2:00pm	Jan 8-Mar 11
▶43470.101KR		10 sessions/\$190
W	7:00pm-8:00pm	Jan 11-Mar 14
▶43470.102KR		10 sessions/\$190

Instructor: Bahman Ebrahimi

Brazilian Jiu Jitsu



13+ yrs

This class is offer exclusively to those students who enroll in the Kick Boxing class. (The quoted fee includes a 50% discount in appreciation of Ken Shin Dojo students). It will teach you the essentials of Brazilian Jiu-Jitsu techniques such as take downs, choke holds, pressure points, joint locks and total immobilization arm bars. No drop-in option. Certificates in jiu jitsu submission techniques are available.

Su	2:00pm-3:00pm	Jan 8-Mar 11
▶43475.101KR		10 sessions/\$95

Instructor: Bahman Ebrahimi

View instructor profiles at
www.kerrisdalecc.com

Belt testing charges may apply.
Please see your instructor.