



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **RESPECT & DISCIPLINE**

## **Family Karate BILLINGS FAMILY YMCA Summer Sessions**

Learn self defense while developing confidence, discipline, and self control. Karate offers people of all ages and athletic levels a fun method of exercise to improve and maintain well being. Karate is a unique sport in which an entire family can participate. Program is open to ages 7 and above.

### **About the instructor: Mike Kok**

Martial art experience: Mike is a 3<sup>rd</sup> degree black Belt in Japan Karate Federation Ryobukai NW and has studied marital arts for more than 20 yrs. Mike has competed in open invitational marital arts tournaments locally, regionally, and nationally. He is also a lifetime member of USA National Karate-Do Federation.

406-248-1685  
402 N. 32<sup>nd</sup> Street  
Billings, MT 59101  
[www.billingsymca.org](http://www.billingsymca.org)



## **PROGRAM INFORMATION:**

### **Beginner Karate Program:**

Instruction is geared towards students who have not studied martial arts before. The sessions will focus on basic physical movements for blocking, punching and kicking. This class is designed to teach basic movements and is not a heavy, physical workout. Kata (forms) will also be emphasized. Kumite (sparring) will be systematically introduced in a controlled and safe manner. Students need no previous experience, but must be able to stand in line, tell right from left, and pay attention for 60 minutes. Practice at home 5 minutes each night is expected.

**Age:** 7 years to Adult

**Cost:** Members: \$125 (entire session), Non-members: \$245 (entire session)

**Date:** Dec. 4-Feb. 24 and Mar. 5-June 2

**Day & Time:** M/W 6pm-7pm

**Location:** Health Studio

### **Payment is due at Registration**

### **Advanced Karate Program Information:**

This class is geared toward students who have studied our style for more than two years and have achieved the rank of low purple or higher. The sessions continue to focus on basics to build on the techniques learned in the beginner/novice class. In addition to the basics, more advanced techniques are introduced such as grappling, take downs and advanced sparring. Practical application of fighting techniques is taught for self-defense and tournament environments.

**Age:** 7 years to Adult

**Cost:** Members: \$45, Non-members: \$85

**Monthly payment made by EFT on the 15<sup>th</sup> of each month**

**Date:** Dec. 4-Feb. 24 and Mar. 5-June 2

**Day & Time:** M/W 7-8pm & Saturday 9:30am-11am

**Location:** M/W Health Studio; Saturday Thomas Kids Gym

### **Registration Information:**

- Member Registration begins December 1, 2016
- Non-member Registration begins December 15, 2016