

Glendale Center for the Martial Arts

Member of the International Kwanmukan Society



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Martial Arts Training Instills:

- Confidence
- Discipline
- Respect for Family and Society
- Realistic Goal Setting
- Self Defense
- The Love of a Challenge

Classes Tuesday night and Saturday morning in the Glendale Harry Whiting Brown Community Center "Scout House." Cost: \$5 per Tuesday or Saturday session.

General Class (children and beginners): TUE from 5:00–6:00 PM

Geared for the young children in the class, but adults and higher ranks find the focus on the karate fundamentals very useful.

Classes typically contain:

Stretching and Stances,
Blocking, Kicking and Punching mats and pads,
Balance and Coordination drills and games,
Kwan Bu Kihon Kata (simple "plus pattern" series of movements),
Basics of Kumite (Sport Karate), i.e. movement and distance (while wearing gloves).

Adult Class: TUE from 6:00-7:00PM, SAT from 8:30-10:00AM

Tuesday night adult class is structured as a traditional karate class and geared for beginning adults, and advanced or higher youth ranks. Saturday morning class is similar but gets into more detail and emphasizes conditioning. It has a prerequisite of 4 months of Tuesday classes.

Classes typically contain:

Stretching and Conditioning,
Kwan Bu Kihon Kata (fundamental form) for punching, blocking, kicking, stances, and movement
Formalized Kata,
Ippon Kumite, Variable Ippons (Attack-Counter Attack Drills),
Fundamental weapons training and Forms (Kobudo),
Self Defense,
Kumite (Basics of competition Sport Karate).