

Spring 2012 (2/19 – 4/14) Martial Arts Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		4:30-5:25pm Youth BEG TKD Small Gym/J. Hirth				9:30-10:25am Family TKD Small Gym/J. Hirth
	5:00-5:55pm Youth Boxing PT Studio/M. Hackett	5:00-5:55pm Martial Arts Superstars PT Studio/M. Abron	5:00-5:55pm Youth Boxing PT Studio/M. Hackett	4:30-5:25pm Youth BEG TKD Small Gym/J. Hirth		10:30-11:25am Traditional Weapons Small Gym /J. Hirth
3:00-4:30pm Fencing Small Gym/C. Smith	5:10-6:00pm TKD Tigers Small Gym/J. Shin	5:30-6:25pm Youth INT TKD Small Gym/J. Hirth	5:10-6:00pm TKD Tigers Small Gym /J. Shin	5:30-6:25pm Youth INT TKD Small Gym /J. Hirth		11:30-12:25pm Youth INT TKD Small Gym/J. Hirth
	6:10-7:10pm Adult TKD Small Gym/J. Shin	6:30-7:25pm Youth ADV TKD Small Gym/J. Hirth	6:10-7:10pm Adult TKD Small Gym /J. Hirth	6:30-7:25pm Youth ADV TKD Small Gym /J. Hirth		
	6:15-7:15pm Adult Boxing PT Studio/M. Hackett	6:30-7:25pm Hapkido PT Studio/M. Abron	6:15-7:15pm Adult Boxing PT Studio/M. Hackett	6:30-7:30pm Hapkido PT Studio/M. Abron		12:30-1:25pm Youth BEG TKD Small Gym/J. Hirth
NOTE: This schedule can change at any time.	7:30-9:30pm Adult Judo (13+) Small Gym/S. Tanaka	7:30-9:00pm Fencing Small Gym/C. Smith	7:30-9:30pm Judo (All Ages) Small Gym/G. Kimura			2:30-4:30pm Family Judo (All Ages) Small Gym/G. Kimura
		7:30-8:30pm Women's Self Defense Raq Court/M. Abron				

Irving Park YMCA

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Irving Park YMCA
of Metro Chicago

Irving Park YMCA Martial Arts Class Descriptions

- **Hapkido** Age 8 and up Tue & Thu 6:30pm–7:30pm
Hapkido means “the way of harmony and power”. It is an effective Korean martial art consisting of joint locks and pressure point control techniques. Students will learn defense against chokeholds, grabs, throws, headlocks, wrist & arm grabs, and attacks with weapons. Students will also learn the legal and street-safe techniques empowering them to handle a variety of real world situations. Hapkido is also a way of staying healthy and fit.
- **Judo** Age 8 and up Monday 7:30pm–9:30pm **OR** Wednesday 7:30pm–9:30pm **OR** Saturday 2:30pm–4:30pm
Judo literally means “the gentle way”. This ancient martial art makes use of the opponent’s strength to overcome him, thereby making it possible for a David to throw a Goliath. The main techniques of this art are tripping, sweeping, throwing and both stand up and ground grappling. A significant portion of class time is also spent learning how to fall safely when they are thrown to minimize the risk of injury.
- **TKD Tigers** Ages 5&6 Mon & Wed 5:05pm–5:50pm
This slower paced Tae Kwon Do class will have a strong emphasis on self-discipline, coordination and concentration...and, of course, fun. Students will learn Korean terminology, kicking and punching and basic self defense. This class also provides a good foundation for their entry into the Beginners Tae Kwo Do program.
- **Beginners Tae Kwon Do** Ages 6–12 Tue & Thu 4:30pm–5:25pm and Saturday 12:30–1:25pm
Students will be trained in the traditional Korean martial arts of Tae Kwon Do (literally means “the art of kicking and punching”). They will learn Korean terminology, counting and greetings in addition to falling, rolling, kicking, punching and self-defense skills. A strong emphasis is placed on self discipline and concentration making it an ideal art for children with problems in those areas. This class is geared toward white through green belt practitioners (beginner’s ranks).
- **Intermediate Tae Kwon Do** Ages 6–12 Tue & Thu 5:30pm–6:25pm and Saturday 11:30–12:25pm
Students will be trained in the traditional Korean martial arts of Tae Kwon Do (literally means “the art of kicking and punching”). They will learn Korean terminology, counting and greetings in addition to falling, rolling, kicking, punching and self-defense skills. A strong emphasis is placed on self discipline and concentration making it an ideal art for children with problems in those areas. This class is geared toward green through blue belt practitioners (late beginner’s and early intermediate ranks).
- **Advanced Tae Kwon Do** Ages 6–12 Tue & Thu 6:30pm–7:25pm and Saturday 11:30–12:25pm
This class is for students who have taken part in the program for a few years and need to expand their techniques beyond an intermediate skill level. More complicated self-defense and kicking combinations are explored. Contact sparring (with gear) and ground grappling (with gear) are covered at this level. This class is geared toward blue through red belt practitioners (late intermediate and advanced ranks).
- **Adult Tae Kwon Do** Ages 13+ Mon & Wed 6:00pm–7:00pm
Participants train in the traditional Korean art of kicking and punching. Contact sparring and self-defense skills are taught as well as falling, rolling, tripping, sweeping and throwing techniques. In this class all adult students train together.
- **Family Tae Kwon Do** Age 4+ w/ parent Saturday 9:15am–10:15am
In this open-style program, parents and children may train together learning how to kick, punch and apply self-defense techniques while spending a little together time as a family
- **Martial Arts Private Lessons** Age 3+ Dates and times vary Packages of 3,6, 9 or 12 sessions available
Private lessons can be used for a variety of training scenarios including; belt test preparation, concentration on a specific area (sparring, grappling, forms, self-defense, weapons, etc.), improved fitness or simply accelerated skill competency through one-on-one personal training. Times and days for sessions are flexible and can be worked out with the trainer. All of the training will be provided by black belt level martial arts instructors.
- **Traditional Martial Arts Weapons** Age 8+ and rank of yellow belt Saturday 10:25am -11:25am
Students will learn how to use the traditional tools of martial arts training. This beginners level class will cover the nunchaku, tonfa and bo staff and will meet on Saturday mornings in the Small Gym beginning April 24th.

For more information, please contact James Hirth, the Irving Park YMCA Martial Arts Coordinator at 773.326.2607