

Traditional Karate

Fall 2009

Sensei Shoji Nishimura is proud to have taught traditional karate (Wado-ryu Style) at Edison Community Center for over 15 years. It is his goal to **"Foster the spirit of effort"** in your child. Students will learn basic stretching and physical fitness, as well as karate techniques. Self control, self discipline, and the ability to focus are all emphasized in class. Although these classes are based out of the park and recreation, Sensei Nishimura is serious about the commitment to your child's martial arts education.

The advantages to having classes located and given through the park and recreation dept. are:

1. **Quality traditional instruction at reasonable fees**
2. **Easy access and plenty of free parking**
3. **No contracts! Pay per session (four sessions per year)**
4. **Assurance that your instructors have had a thorough background check**

Through on going progressive classes, your child can progress in belt levels, and will have the opportunity to compete in tournaments if they wish.

Instructor: Shoji Nishimura is a 7th degree Black Belt with over 40 years of experience. He has numerous tournament wins and awards, most recently 3rd place in the 2004 World Championships in Tokyo. He has been honored by Governor Schwarzenegger and our area Mayor's as well as the Japanese Consulate for his out standing service to the community.

Sign up soon, classes are limited to 20 students. This is a 13 weeks session. **Bold** type classes are twice a week for only \$20.00 more than once a week class. What a savings for professional instruction. The traditional uniform (Gi) will be available for purchase at class.

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| ECC/6016.401 Beg. (white,Orange) | 5-7yrs | 9/17 - 12/17 | Th | 5:00pm-5:45pm | \$103.00 |
| ECC/6016.402 Beg. (white, Orange) | 5-7yrs | 9/18 - 12/18 | F | 5:00pm-5:45pm | \$103.00 |
| ECC/6016.405 Beg. (white ,Orange) | 5-7yrs | 9/17 - 12/18 | Th&F | 5:00pm-5:45pm | \$123.00 |
| ECC/6016.403 Nov.(yellow, blue,) | 5-7yrs | 9/17 - 12/17 | Th | 5:45pm-6:30pm | \$103.00 |
| ECC/6016.404 Nov.(, yellow, blue,) | 5-7yrs | 9/18 - 12/18 | F | 5:45pm-6:30pm | \$103.00 |
| ECC/6016.406 Nov.(, yellow, blue,) | 5-7yrs | 9/17 - 12/18 | Th&F | 5:45pm-6:30pm | \$123.00 |
| ECC/6016.407 Int (blue/w stripe-, red) | 5-7yrs | 9/17- 12/17 | Th | 5:45pm-6:45 pm | \$116.00 |
| ECC/6016.408 Int (blue/ w stripe-, red) | 5-7yrs | 9/18- 12/18 | F | 5:45pm-6:45m | \$116.00 |
| ECC/6016.409 Int (blue w/stripe- red) | 5-7yrs | 9/17- 12/18 | Th&F | 5:45pm- 6:45 pm | \$136.00 |
| ECC/5018.402 Beg. (white) | 8-12yrs | 9/17 - 12/17 | Th | 5:00pm-5:45pm | \$103.00 |
| ECC/5018.403 Beg. (white) | 8-12yrs | 9/18 - 12/18 | F | 5:00pm-5:45pm | \$103.00 |
| ECC/5018.404 Beg. (white) | 8-12yrs | 9/17 - 12/18 | Th&F | 5:00pm-5:45pm | \$123.00 |
| ECC/5018.420 Novice (orange- red) | 8-12yrs | 9/17 - 12/17 | Th | 5:45pm-6:30pm | \$103.00 |
| ECC/5018.421 Novice (orange- red) | 8-12yrs | 9/18- 12/18 | F | 5:45pm-6:30pm | \$103.00 |
| ECC/5018.422 Novice (orange- red) | 8-12yrs | 9/17 - 12/18 | Th&F | 5:45pm-6:30pm | \$123.00 |
| ECC/5018.405 Int. (red w/ stripe) | 8-12yrs | 9/17 - 12/17 | Th | 6:30pm-7:45pm | \$122.00 |
| ECC/5018.412 Int. (red w/stripe) | 8-12yrs | 9/18 - 12/18 | F | 6:30pm-7:45pm | \$122.00 |
| ECC/5018.413 Int. (red w/stripe) | 8-12yrs | 9/17 - 12/18 | Th&F | 6:30pm-7:45pm | \$142.00 |
| ECC/5018.415 Adv. (brown) | 8-12yrs | 9/17 - 12/17 | Th | 6:30pm-7:45pm | \$122.00 |
| ECC/5018.416 Adv. (brown) | 8-12yrs | 9/18 - 12/18 | F | 6:30pm-7:45pm | \$122.00 |
| ECC/5018.417 Adv. (brown) | 8-12yrs | 9/17 - 12/18 | Th&F | 6:30pm-7:45pm | \$142.00 |
| ECC/4057.401 All levels | T-A | 9/17 - 12/17 | Th | 7:30pm - 8:45pm | \$122.00 |
| Weapon class | | 9/18-12/18 | F | 7:45pm-8:15pm | \$49.00 |