



Albemarle County Parks & Recreation

Fall Karate Classes 2008

Alb. Co. Res. = Albemarle County Residents
NCR = Non County Residents

KARATE (Join in at anytime)

Come learn the art of self-defense while giving yourself a challenging work-out. Chito-ryu Karate-do is a traditional form of Karate. We are a part of the US ChitoKai founded by one of America's most knowledgeable and respected teachers, William J. Dometrich. We offer classes to men, women, and children from age 7 and up...you are never too old to begin training!

Website www.cvilleyoseikan.com

Instructor: Linda Gage

Location: Greenwood Community Center
Call #296-5844 for exact dates and times.

ART OF SWORDSMANSHIP

Come learn the ancient martial art of Iaijutsu (swordsmanship) as handed down by the world's oldest and foremost Iaijutsu organization, "Musō Jikiden Eishen-Ryu". This is a sophisticated form of using the sword in the manner of the Japanese Samurai. This is a very detailed skill and anyone expecting "instant results" is not advised to participate in this class. Under the aegis of the Jikishin Kai, Charlottesville Yoseikan is offering bokken basics for student's ages 13 years and up. For further information, contact Linda M. Gage, Chief Instructor, Charlottesville Yoseikan Chito-Ryu Karate-do. **Classes begin Saturday, September 6, 11am to 12noon.**

AIM SELF-DEFENSE & SAFETY AWARENESS

(Boys and Girls ages 4-15)

This exciting and valuable course is designed for self-defense purposes only, emphasizing safety awareness. A certified black belt will instruct children how to avoid dangerous situations, how to walk away from a fight and when necessary, defend themselves.

AIM CHEER / POM PROGRAM (Boys and Girls ages 4-15)

The program is designed to enhance self-confidence, self-esteem, and physical fitness. Learn cheers, chants, jumps, leaps and pom pon routines!

*Flyers will be distributed in September to all students for the Cheer & Self Defense Classes. Registration and payment is on-site. For more information call Jim or Susan Johnson at #1-800-323-3755. Or visit their website at <http://aimusaonline.org>

