



The Martial Arts Dojo

2012

Contact Information

Karla Hudson
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Day & Time

Aikido	Sunday	Adult 16 & Up	11:00 am - 12:00 pm	Amberlyn Edson Sensei
	Monday	Adult 16 & Up	7:00 pm - 8:00 pm	Luke Edson Sensei
	Tuesday	Adult 16 & Up	7:00 pm - 8:00 pm	Amberlyn Edson Sensei
	Wednesday	Adult 16 & Up	7:00 pm - 8:00 pm	Zach Johnson
Judo-Adult	Wednesday	Adult 16 & Up	6:00 pm - 7:00 pm	Rex Peake Sensei
	Judo-Youth	Tuesday	Youth 5 & Up	5:00 pm - 6:00 pm
Jujitsu	Tuesday	Ages 10 & Up	6:00 pm - 7:00 pm	Mr. Ralph Martin
Karate-Adult	Monday	Adult 14 & Up	6:00 pm - 7:00 pm	John Barrons Sensei
	Karate-Youth	Wednesday	Youth 5 & Up	5:00 pm - 6:00 pm
Taekwondo-Youth	Sunday	Youth 5-16	1:00 pm - 3:00 pm	Ms. Cheryl Turner

Fees

There are no fees for the Martial Arts classes at the Downtown Y. These classes are all volunteer led and are a benefit of your Y membership.

Uniforms

Uniforms are not required for beginners. If you are interested in purchasing a uniform, please talk to your instructor.

Testing

Testing is not mandatory in any martial arts class but is an option. Instructors will give more details on testing opportunities.

Class Descriptions on back.

Downtown Y



Aikido

This is a Japanese martial art that attempts to defuse violence and aggression by blending and using the aggressors' energy against them. The aim is never to cause damage, but to control the aggressor and inflict the least amount of harm possible.

Judo

Adult Class: Judo (meaning the gentle way) is Japanese martial art that is based on throws, grappling and submissions. Throughout the world Judo is a very popular Olympic sport and system of self-defense. In this class participants will learn how to safely execute falls, throws, grappling and submissions in a controlled environment. The goal is to train each student in the way of cooperation and mutual benefit while focusing on the spirit, mind and body. A Judo gi (uniform) is not required to start, but one is suggested for regular students who wish to gain the most from training.

Youth Class: The goal of this class is to teach the students self-defense through Judo techniques. Alongside being taught self-defense the students will be helped in developing their self-confidence, control, discipline and morals. They will learn through lecture, demonstration, games and drills in a fun and safe environment.

Jujitsu

Jujitsu, which translates into "Gentle Technique", is a Japanese martial art originally developed for close combat with an armed and armored opponent. Students will learn striking, kicking, throwing, and grappling techniques, while gaining total body conditioning and self-control. Please wear a *gi* or loose-fitting clothing. All ages welcome, but please speak with the instructor before enrolling students under the age of 10.

Karate

Adult Class: Traditional Karate form exercises, Katas and self-defense techniques are used to introduce beginning students to martial arts.

Youth Class: This class provides students the opportunity to learn basic self-defense techniques in a fun and structured environment. Studying karate gives students the opportunity to cultivate self-confidence and establish discipline through hard work and dedication.

Taekwondo

Tae Kwon Do is an ancient Korean martial art that focuses on self defense and learning the traditions of living honorably in the way (Do). Students of the art will focus on developing self discipline, self control, flexibility, and balance while increasing respect and focus in all environments of their lives. Students will learn to use their bodies and their minds in various situations and will be challenged to learn a new language, learn the philosophy and history of the art and become focused individuals.

Registration Information

Registration

All Downtown Y Martial Arts classes are offered free to Lincoln Y Members. These classes are volunteer-led and are a benefit to Y Members. The classes are continuous and are on a drop-in basis, no registration required.

Photo/Video Disclosure Statement

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Cooper	Downtown	Fallbrook	Northeast	Youth Sports	Camp Kitaki
6767 S. 14th Street	1039 P Street	700 Penrose Drive	2601 N. 70th Street	570 Fallbrook Blvd., # 210	570 Fallbrook Blvd., #210
Lincoln, NE 68512	Lincoln, NE 68508	Lincoln, NE 68521	Lincoln, NE 68507	Lincoln, NE 68521	Lincoln, NE 68521
(402) 323-6400	(402) 434-9230	(402) 323-6444	(402) 434-9262	(402) 434-9217	(402) 434-9225