



Martial Arts

Winter 2012

Contact Information

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Day & Time

Hapkido	Friday	Adult 13 & Up	6:30 pm - 7:30 pm
Karate	Tuesday & Thursday Tuesday & Thursday	Youth 5-14 years Adult 15 & Up	6:30 pm - 7:30 pm 7:30 pm - 8:30 pm
Philippine Combative	Saturday	Adult 15 & Up	12:00 pm - 1:00 pm
Tae Kwon Do	Saturday Wednesday Wednesday Saturday Saturday	Orientation - All Ages Beginner Advanced Beginner Advanced	10:00 am - 10:30 am 6:30 pm - 7:30 pm 7:30 pm - 8:30 pm 10:30 am - 11:30 am 11:30 am - 12:30 pm
Tae Chi	Sunday	Beginner	6:30 pm - 7:30 pm
Women's Self-Defense	October 9	Adult 13 & Up	3:00 pm - 5:00 pm

Fees

Fees are monthly and are on a direct draft process.

Hapkido	Y Member	\$9	Y Non-Member	\$18
Karate (youth)	Y Member	\$18	Y Non-Member	\$32
Karate (adult)	Y Member	\$22	Y Non-Member	\$35
Philippine Combative	Y Member	\$9	Y Non-Member	\$18
Tae Kwon Do	Y Member	\$14	Y Non-Member	\$27
Women's Self-Defense	Y Member	\$10	Y Non-Member	\$10

Class Descriptions on back.

Registration Information

Lincoln YMCA Cancellation & Refund Policy

A written notice must be received by the YMCA by the last day of the month to cancel your martial arts registration. No refunds will be issued. It is your responsibility to notify the Lincoln YMCA of your intention to cancel in accordance with the cancellation policy. Fees are owed for classes whether you attended or not if cancellation procedure was not completed.

Make-Up Classes

It is the policy of the Lincoln YMCA to not allow make-up classes by taking part in other classes due to participants being absent due to reasons not associated with the YMCA (vacations, illness, other activities, etc.).

Photo/Video Disclosure Statement

The YMCA of Lincoln, Nebraska may on occasion take photographs and/or video of its members or program participants for use in print materials or by electronic methods. Your entry into YMCA facilities, participation in YMCA programs or participation in YMCA events grants permission for the YMCA of Lincoln, Nebraska to use these photographs and/or video in its marketing and public relations efforts.

Pickup/Drop off

The YMCA will not be responsible for children left unattended prior to the actual start time of the program/class. The YMCA will also not be responsible for children left after the stop time of the program/class. Parents/Guardians are responsible for making arrangements to pick up their child on time.



Hapkido

Hapkido or “way of unifying spirit”, is a dynamic Korean martial art. It specifically emphasizes self-defense techniques based on three cardinal principles: Circular Motion, Water or Harmony and Non-resistance. Training in Hapkido is available to anyone 13 years and older. Hapkido is designed to defend close combat, using joint locks, pressure points and other dynamic techniques. Hapkido is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Karate

Youth Class: The youth Karate class focuses on developing a child’s physical skills, self-esteem, concentration and respect for others. Classes are challenging yet enjoyable for each child. All skill levels are welcome.

Adult Class: Yee-Do-Vee-Fut is the combative form of Yee Chong Mu Gow. This style is a self-defense oriented system, focusing on the concept of close quarter combat. The training is mostly focused on the application of joint locks and effective control of an attacker. Many other avenues of defense are explored as well as grappling, throwing and the use of various weapons. It is a practical approach system of defense, used for protection of yourself and others.

Philippine Combative

The Philippine Combatives style of martial arts consists of both weapons and empty hand training. This martial art style is also some times referred to as arnis, kali or ecrima. This style includes but is not limited to: single-stick fighting, double-stick fighting, knife combatives and hand to hand combat. Philippine Combative is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Tae Kwon Do

Tae Kwon Do is the official martial art of Korea. Tae Kwon Do is based on the premise of peace through strength of mind, body and spirit. Its emphasis is of the foot over the use of the hand in defending oneself and is internationally renown for its vertical and horizontal jumping techniques. Tae Kwon Do is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Women’s Self-Defense Seminar

This seminar is open to any female 13 & up. Come alone or bring a friend, just wear comfortable clothing for this hands on class. The Women’s Self-Defense Seminar is taught through a partnership with Swanson’s Tae Kwon Do Academy and the Lincoln Y.

Tai Chi (free for members)

Tai Chi promotes serenity by connecting the mind and body through gentle movements often described as “meditation in motion”. Reduce stress and improve your health with the slow, graceful movements flowing from one to another without a pause.

Frequently Asked Questions

How long are the sessions & How do I pay?

Martial art classes are ongoing and renewed monthly until you cancel. All participants must pay monthly via direct draft from a checking, savings, Debit/Visa or Master card account.

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 but is an option. Instructors will give more details on testing opportunities.

Orientation classes

The orientation class is for all ages 6 to adult at no cost. All students must attend at least 4 orientation classes before joining the beginner class or at the instructor’s discretion.

YMCA Personal Pricing

YMCA Personal Pricing available for monthly fees only.

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