



REACH NEW LIMITS

Whether you are interested in our Martial Arts programs for mental, spiritual or physical well-being, we offer a number of programs that fit your developmental needs. Let us help you be fitter, stronger and more confident.



MARTIAL ARTS

UPDATED ON: OCTOBER 20, 2016

STAFF CONTACTS

APY - Colin Specht Sports & Recreation Director P 954.7620 E cspecht@ymcafoxcities.org
FWY - Kevin Jakubek Sports & Recreation Director P 560.3414 E kjakubek@ymcafoxcities.org
HVY - Brandon Vanderhoof Sports & Recreation Director P 830.5703 E bvanderhoof@ymcafoxcities.org
NMY - Randy Pelischek Sports & Recreation Director P 886.2104 E rpelischek@ymcafoxcities.org

FOX WEST

TAE KWON DO (FWY)

A sport that teaches physical and mental control, flexibility, grace, balance and endurance. Punches, blocks, kicks, and grappling techniques designed for self-defense will be taught. Belt testing is optional, but encouraged. Testing fee \$15 at the end of each session. Uniforms can be purchased at the Fox West YMCA Member Services Desk.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Tae Kwon Do	FWY	8-10 years	MR	6:45 PM	7:15 PM	\$28	\$39
Tae Kwon Do	FWY	11 years and older	MR	7:30 PM	8:30 PM	\$57	\$78

HEART OF THE VALLEY

ADULT - CONTACT KICKBOXING (AGES 12 YEARS-ADULT) (HVY)

Enjoy an intense martial arts workout. Build and tone muscle while working cardio by kicking, striking, and punching bags.

ADULT MARTIAL ARTS (AGES 12 YEARS-ADULT) (HVY)

This is a comprehensive martial arts system that combines fitness, skill, and application. Begin the class with the "Contact Kickboxing" to warm up and work out. Following the kickboxing portion, we will sharpen technique as well as learn to apply them through self-defense.

AIKIDO BUJUTSU (AGES 12 YEARS-ADULT) (HVY)

Tailored martial art with incorporated weapons training that is adaptive to skill and physical abilities. Team and individual activities are used to strengthen coordination, discipline and self-preservation. This is not a Kata based program but is a very dynamic martial arts program.

AIKIDO YOUTH (AGES 6-12 YEARS) (HVY)

Team and individual activities are used to strengthen coordination, discipline and self-preservation. This is not a Kata based program but is a very dynamic martial arts program.

LITTLE DRAGONS (FORMERLY KINDERKICKERS) (AGES 3-6 YEARS) (HVY)

The Little Dragons program teaches seven skills including focus, balance, and fitness. Students will participate in fun and innovative martial arts drills and also improve basic motor and listening skills. Uniform optional, belt required - \$8 at Member Services Desk.

MARTIAL ARTS (AGES 7 YEARS-ADULT) (HVY)

Beginners - White, Camo & Yellow Belts
Intermediate - Orange through Green/Blue
Advanced - Blue - Red/Brown Belts

Fall Session 1: September 6-October 23, 2016 (Monday classes prorated for Labor Day)
Fall Session 2: October 24-December 18, 2016 (No Classes November 21-27, 2016)

This is a working document and is subject to change.

Brown Belts

Black Belts

Designed to build leaders through physical and mental instruction. The goal of the program is to guide students to become well balanced martial artists who will know the importance of attitude, respect and self-discipline. Uniform required- can be purchased at HVY Member Services Desk.

WEAPONS FULL CLASS (AGES 7 YEARS-ADULT) (HVY)

Youth students who have a blue belt or higher will learn basic weapons techniques. Weapons learned will include Bo-staff, nunchaku and escrima sticks. Required weapons can be purchased at the first lesson.

WEAPONS ESCRIMA (AGES 7 YEARS-ADULT) (HVY)

Students will learn stick/sword patterns and combinations. Along with this we will be working on competitive padded stick sparring. Students should be at least an orange belt rank and will need to purchase their weapons.

WEAPONS BO STAFF (AGES 7 YEARS-ADULT) (HVY)

Students will learn long distance weapons starting with the Bo staff and ending with the spear. Students should be at least a green belt rank and will need to purchase their weapons.

WEAPONS NUNCHUCKS (AGES 7 YEARS-ADULT) (HVY)

Students will be learning control and coordination through our toughest weapon, the nunchucks. Students should be at least a blue belt rank and will need to purchase their weapons.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Little Dragons	HVY	3-4 years	T	3:45 PM	4:25 PM	\$32	\$50
Little Dragons	HVY	3-6 years	W	1:30 PM	2:10 PM	\$32	\$50
Little Dragons	HVY	4-6 years	R	3:45 PM	4:25 PM	\$32	\$50
Little Dragons	HVY	4-6 years	M	5:25 PM	6:05 PM	\$32	\$50
Little Dragons	HVY	4-6 years	T	5:20 PM	6:00 PM	\$32	\$50
Little Dragons	HVY	4-6 years	R	5:20 PM	6:00 PM	\$32	\$50
Little Dragons	HVY	5-6 years	W	5:25 PM	6:05 PM	\$32	\$50
Aikido Youth	HVY	6-12 years	S	9:00 AM	10:00 AM	\$36	\$56
Martial Arts Advanced - Blue, Red Belts	HVY	7-12 years	TR	6:40 PM	7:25 PM	\$58	\$78
Martial Arts Advanced - Blue, Red Belts	HVY	7-12 years	MW	4:35 PM	5:20 PM	\$58	\$78
Martial Arts - Black Belts	HVY	7 years and older	M TR	6:15 PM 7:30 PM	7:15 PM 8:30 PM	\$64	\$86
Martial Arts - Second Degree Black Belts	HVY	7 years and older	W TR	7:00 PM 7:30 PM	8:00 PM 8:30 PM	\$64	\$86
Martial Arts - Brown Belts	HVY	7 years and older	M TR	5:30 PM 7:30 PM	6:30 PM 8:30 PM	\$64	\$86
Martial Arts Intermediate - Orange, Green Belts	HVY	7-12 years	MW	4:00 PM	4:45 PM	\$58	\$78
Martial Arts Intermediate - Orange, Green Belts	HVY	7-12 years	TR	6:05 PM	6:50 PM	\$58	\$78
Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	TR	4:30 PM	5:15 PM	\$58	\$78

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

This is a working document and is subject to change.

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	MW	6:10 PM	6:55 PM	\$58	\$78
Martial Arts All Levels	HVY	7-12 years	TR	1:30 PM	2:15 PM	\$58	\$78
Weapons Full Class	HVY	7 years and older	W	5:25 PM	6:55 PM	\$50	\$65
Weapons Escrima	HVY	7 years and older	W	5:25 PM	5:55 PM	\$18	\$23
Weapons Bo Staff	HVY	7 years and older	W	5:55 PM	6:25 PM	\$18	\$23
Weapons Nunchucks	HVY	7 years and older	W	6:25 PM	6:55 PM	\$18	\$23
Adult Martial Arts	HVY	12 years and older	M	7:00 PM	8:45 PM	\$42	\$58
Adult Contact Kickboxing	HVY	12 years and older	M	7:00 PM	7:45 PM	\$20	\$25
Aikido Bujutsu	HVY	12 years and older	S	10:00 AM	NOON	\$42	\$58

NEENAH-MENASHA

MARTIAL ARTS (AGES 7 YEARS-ADULT) (NMY)

Monday: Beginners Family Martial Arts

This is the introductory class for individuals and families who wish to start a martial arts training program. The participants will learn the basic skills required in Karate, Tae Kwon Do and Ju-jitsu that are fundamental to all future skill development. When a participant is able to pass a skills test for their first advancement level, they will move on to the next class. Family pricing includes 3 people (one parent and 2 children or 2 parents and 1 child). Additional person is \$10.

FAMILY ADVANCED MARTIAL ARTS (NMY)

Mondays & Wednesdays: The participants will learn advanced skills in Karate, Tae Kwon Do and Jujitsu that are required to reach the Black Belt Level. Participants must test out of the Beginner Class to participate. Any participants with prior martial arts training who want to test out of the Beginner class must contact the instructors (920-809-8808) for a skills evaluation. Family pricing includes 3 people.

JUDO (AGES 6 YEARS-ADULT) (NMY)

Judo is best described as a special martial art, derived from Ju-jitsu, with similarities to wrestling with its throws and pins. It is an Olympic sport, an art, a discipline, a recreation and fitness program, a means of self-defense, and a way of life. Instructor: Mehdi Mohammadian, 8th degree Black Belt, and member of the Martial Arts Hall of Fame. Beginners, Intermediate, and Advanced participants.

FAMILY JUDO (AGES 6 YEARS-ADULT) (NMY)

Family Judo pricing includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$10.

TRADITIONAL JU-JITSU/SELF-DEFENSE (AGES 10 YEARS-ADULT) (NMY)

Known as one of the finest systems of self-defense, Ju-jitsu offers an excellent opportunity for physical fitness as it develops rapidity of movement, balance and increases strength in its practice.

JUDO/JU-JITSU COMBO (NMY)

Attend both one Tuesday Judo class and one Ju-jitsu class on Thursday.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Family Judo	NMY	6 years and older	T	6:00 PM	7:15 PM	\$62	\$86
Family Judo Additional Person	NMY	6 years and older	T	6:00 PM	7:15 PM	\$10	\$10

Fall Session 1: September 6-October 23, 2016
Fall Session 2: October 24-December 18, 2016

This is a working document and is subject to change.

(Monday classes prorated for Labor Day)
(No Classes November 21-27, 2016)

Family Judo	NMY	6 years and older	R	6:00 PM	7:15 PM	\$62	\$86
Family Judo - Additional Person	NMY	6 years and older	R	6:00 PM	7:15 PM	\$10	\$10
Family Martial Arts Individual Beginner	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$62	\$86
Family Martial Arts Family Beginner	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$82	\$106
Family Martial Arts Beginner - Additional Person	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$10	\$10
Family Martial Arts Individual Advanced	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$79	\$103
Family Martial Arts Family Advanced	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$99	\$123
Family Martial Arts Additional Person Adv.	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$10	\$10
Judo - Beginners	NMY	6-13 years	T	4:30 PM	5:45 PM	\$54	\$78
Judo	NMY	13 years and older	T	7:30 PM	9:00 PM	\$59	\$83
Judo	NMY	6-13 years	R	4:30 PM	5:45 PM	\$54	\$78
Judo-Ju-jitsu Combo Individual	NMY	10 years and older	TR	7:30 PM	9:00 PM	\$79	\$103
Judo-Ju-jitsu Combo Family	NMY	10 years and older	TR	7:30 PM	9:00 PM	\$99	\$123
Traditional Self-Defense	NMY	10 years and older	R	7:30 PM	9:00 PM	\$59	\$83