



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: MARCH 13, 2017

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

APPLETON

SPECIAL NEEDS TAE KWON DO (AGES 6-17 YEARS) (APY)

NEW! 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. Participants should bring along a buddy to help support them throughout each class. Belt testing is optional, but encouraged. Testing fee is \$15 at the end of each session. Uniforms and/or TKD t-shirts can be purchased at Appleton YMCA lower lobby desk.

Class name	YMCA	Age	Day	Start	End	Y Member	General Public
Special Needs TKD	APY	6-17 years	T	5:45 PM	6:30 PM	\$31	\$45

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 Appleton YMCA lower lobby desk and 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)

Adults will participate in fun, challenging and developmental activities that are used to strengthen coordination, discipline, physical fitness, and self-defense. In aikido there are both physical and mental aspects of training. The physical training in aikido is diverse, covering both general physical fitness and conditioning, as well as specific techniques. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. Weapons training that is adaptive to skill and physical abilities is also incorporated into the program. The first hour of class is a blended class with the Youth and Family classes, and the last hour is strictly just for the adults.

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

Youth will participate in fun and developmental activities that are used to strengthen coordination, discipline, physical fitness, and self-defense. Aikido is a special martial art with its focus on discipline, fitness, and self-defense. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. This class is blended with the Family class, giving families the option to register as a family or just register their child for the youth class.

FAMILY AIKIDO (AGES 6-ADULT) (HVY)

Families will participate in Aikido activities in a fun and welcoming atmosphere. Aikido is a special martial art with its focus on discipline, fitness, and self-defense. Beginners, Intermediate, and advanced participants are all invited to participate. Instructors take an individualized approach going at a pace which suits the participant. Family Aikido pricing includes 3 people (one parent and 2 children or 2 parents and one child). Additional person is \$10. This class is blended with the Youth class giving families the option to register as a family or just register their child for the youth class.

LITTLE DRAGONS (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 BEGINNERS (AGES 7 YEARS-ADULT) (HVY)

Beginners - White, Camo & Yellow 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	\$35	\$50
Little Dragons	HVY	3-6 years	W	1:30 PM	2:10 PM	\$35	\$50
Little Dragons	HVY	4-6 years	R	3:45 PM	4:25 PM	\$35	\$50

Spring Session: April 10-May 28, 2017

This is a working document and is subject to change.

Little Dragons	HVY	4-6 years	M	5:25 PM	6:05 PM	\$35	\$50
Little Dragons	HVY	4-6 years	T	5:20 PM	6:00 PM	\$35	\$50
Little Dragons	HVY	4-6 years	R	5:20 PM	6:00 PM	\$35	\$50
Little Dragons	HVY	5-6 years	W	5:25 PM	6:05 PM	\$35	\$50
Aikido Youth	HVY	6-12 years	S	9:00 AM	10:00 AM	\$36	\$56
Family Aikido	HVY	6 years and older	S	9:00 AM	10:00 AM	\$50	\$69
Family Aikido - Additional Person	HVY	6 years and older	S	9:00 AM	10:00 AM	\$10	\$10
Martial Arts All Levels	HVY	7-12 years	TR	1:30 PM	2:15 PM	\$62	\$82
Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	TR	4:30 PM	5:15 PM	\$62	\$82
Martial Arts Beginners - White, Camo and Yellow Belts	HVY	7-12 years	MW	6:10 PM	6:55 PM	\$62	\$82
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 Full Class	HVY	12 years and older	M	7:00 PM	8:45 PM	\$46	\$63
Adult Contact Kickboxing	HVY	12 years and older	M	7:00 PM	7:45 PM	\$23	\$29
Aikido Bujutsu	HVY	12 years and older	S	9:00 AM	11:00 AM	\$46	\$63

NEW! HEART OF THE VALLEY YMCA SCHOOL OF MARTIAL ARTS (AGES 7 YEARS-ADULT) (HVY)

The Heart of the Valley YMCA is now offering a full year program, with easy month to month payments, and registration for individual sessions is no longer needed. Students for the following levels qualify for the School of Martial Arts:

Intermediate - Orange through Green/Blue

Advanced - Blue - Red/Brown Belts

Brown Belts

Black Belts

YMCA Membership required. Registration is available online and at the Heart of the Valley YMCA Member Service Desk. You can choose to pay monthly via credit card or bank draft, OR you can also pay for the entire year. For more specific instructions, please see the Martial Arts Member Hub or contact Brandon Vanderhoof at bvanderhoof@ymcafoxcities.org or 830.5703 or Mr. Hagman at

hotvmartialarts@ymcafoxcities.org. A uniform is required and can be purchased at the Heart of the Valley YMCA Member Service Desk. Coming from another school? Please contact Brandon or Mr. Mr. Hagman for more information.

Class name	YMCA	Age	Day	Start	End	Y Member Per Month Price	May Attend
Martial Arts Intermediate - Orange, Green Belts	HVY	7 years and older	MW TR	4:00 PM 6:05 PM	4:45 PM 6:50 PM	\$40	Up to 2 classes per week
Martial Arts Advanced - Blue, Red Belts	HVY	7 years and older	MW TR	4:35 PM 6:40 PM	5:20 PM 7:25 PM	\$40	Up to 2 classes per week

Martial Arts - Brown Belts	HVY	7 years and older	M TR	5:30 PM 7:30 PM	6:30 PM 8:30 PM	\$50	Up to 3 classes per week
Martial Arts - Black Belts	HVY	7 years and older	M TR	6:15 PM 7:30 PM	7:15 PM 8:30 PM	\$50	Up to 3 classes per week
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	\$50	Up to 3 classes per week

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)

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.

M & W

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	\$87
Family Judo Additional Person	NMY	6 years and older	T	6:00 PM	7:15 PM	\$10	\$10
Family Judo	NMY	6 years and older	R	6:00 PM	7:15 PM	\$62	\$87
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	\$87

Family Martial Arts Family Beginner	NMY	7 years and older	MW	5:45 PM	6:30 PM	\$82	\$107
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	\$104
Family Martial Arts Family Advanced	NMY	7 years and older	MW	5:45 PM	7:15 PM	\$99	\$124
Family Martial Arts Additional Person	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	\$79
Judo	NMY	13 years and older	T	7:30 PM	9:00 PM	\$59	\$84
Judo	NMY	6-13 years	R	4:30 PM	5:45 PM	\$54	\$79
Judo-Ju-jitsu Combo Individual	NMY	10 years and older	TR	7:30 PM	9:00 PM	\$79	\$104
Judo-Ju-jitsu Combo Family	NMY	10 years and older	TR	7:30 PM	9:00 PM	\$99	\$124
Traditional Self- Defense	NMY	10 years and older	R	7:30 PM	9:00 PM	\$59	\$84