

Y KARATE

We build strong kids, strong families, strong communities.



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KOEI-KAN KARATE-DO

Tuesday and Thursday Evenings

Session 4: (Jan. 26th to March 13th) – 6 weeks

* NO CONTRACTS !and Try the first week for **FREE!**

Youth Karate: (Ages 7-12)

6:30-7:30 p.m.

Adult Karate: (Ages 13 and over)

7:30-9:00 p.m.

Koei-Kan Founder

The **Cortland County Family YMCA** is honored to offer **Koei-Kan Karate-Do** classes. It is an authentic traditional Japanese martial art, founded by **Kancho Eizo Onishi** (10th Dan), via direct teachings and approvals by legendary Masters: Kanken Toyama, Kanryo Higaonna, and Juhatsu Kiyoda. **Koei-kan** was brought to USA in 1954 by Shihan Edward Kaloudis (8th Dan). The USA Technical Direct is Shihan Brian Frost (8th Dan), and Koei-Kan was brought to NY State by Shihan Victor Bellott (6th Dan).

The program has been taught at the YMCA for the past 32 yrs. and is a culmination of Karate, Ju-Jitsu, Judo, Kubodo (weapons), Kung-Fu, Pankration and other martial arts. It teaches each student to strive for the highest degree of self-attainment and to embrace true ethics of **Bushido**; (humility, truth, self-discipline, self-esteem, peace, respect, unselfishness, honor, and courage). Koei-Kan exemplifies the principle, "There are no superior styles of martial arts, only superior Martial Artists" whom are always learning, improving, and perfecting. **Koei-kan** has dojos throughout the United States, Japan, South America, and Greece. Classes at Cortland YMCA are currently taught by **Sensei Gary Busby** (Yondan - 4th degree black belt). He has been studying and teaching Koei-Kan for over 25 years and is a direct pupil of Shihan Bellott. [All Koei-Kan Sensei are Japan Certified & World recognized in the Martial Arts.]

Koei-kan programs are Olympic Committee certified, and consist of progressive continuous program sessions !

<u>Session Pricing (6 wks):</u>	<u>Youth 7-12</u>	<u>Adult 13 and up</u>
YMCA Member:	\$38.00	\$42.00
Additional person Y-member:	\$31.00	\$35.00
Non-Member:.....	\$53.00	\$59.00
Additional person Non-Y member:	\$44.00	\$49.00

* All session payments must be received prior to the start of week # 2.
Financial assistance is available to those who otherwise may not be able to participate.

CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, New York 13045
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