

KARATE

We build strong kids, strong families, strong communities.



幸栄館

KOEI-KAN KARATE-DO

Tuesday and Thursday Evenings

Session 5: (March 15th to April 30th) – 6 weeks

*** NO CONTRACTS ! New participants can try out the first two classes with no obligations!**

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's 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/NJ in 1954 by **Shihan Edward Kaloudis** (8th Dan). The USA Technical Direct is **Shihan Brian Frost** (8th Dan). Koei-Kan was established in Cortland NY. & Atlanta GA. by **Shihan Victor Bellott** (6th Dan), student of Onishi, Kaloudis & Frost Sensei.

The program has been taught at the YMCA for the past 33 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 27 years and is a direct pupil of Shihan Bellott. [All Koei-Kan Sensei are Japan Certified & recognized in the Martial Arts World.] *Koei-kan programs are Olympic Committee certified, and consist of progressive continuous program sessions !*

Session Pricing (6 wks):

	<u>Youth 7-12</u>	<u>Adult 13 and up</u>
YMCA Member:	\$40.00	\$44.00
Additional person Y-member:	\$33.00	\$37.00
Non-Member:.....	\$56.00	\$62.00
Additional person Non-Y member:	\$46.00	\$52.00

* 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.

For more information regarding classes, please contact the "YMCA" at (607) 756-2893.

CORTLAND COUNTY FAMILY YMCA
22 Tompkins Street
Cortland, New York 13045
607-756-2893
www.cortlandymca.org

