

MARTIAL ARTS

UBC REC offers a variety of martial arts instructional classes taught by experienced martial arts instructors. Integrating discipline, precision, power, and self-defence, martial arts classes will increase your inner and outer strength. Classes include Aikido, Capoeira, Tae Kwon Do, Karate, more!



Tae Kwon Do

SHOTOKAN KARATE

Shotokan Karate is a widely popular form of karate involving punches, kicks, blocks, forms and sparring. Initially, classes are geared to beginner students, with more advanced lessons being introduced as the year progresses. Participants get a strong workout and improve their conditioning and flexibility while learning self-defence, mental discipline and gaining self-confidence. All lessons are carefully supervised by certified black belts to minimize any risk of injury. All levels welcome.

Fall Information

Section I - 26 Sessions
SRC Studio
Sep 15 - Dec 15
Wed 6:30 - 8:00pm
Sat 11:30am - 1:30pm
No classes Oct 9
FREE CLASSES Sep 15, 18

Winter Information

Section I - 30 Sessions
SRC Studio
Jan 12 - Apr 27
Wed 6:30 - 8:00pm
Sat 11:30am - 1:30pm
No classes Apr 23
FREE CLASSES Jan 12, 15

TAE KWON DO

Tae Kwon Do is a modern Korean martial art characterised by high, fast, spinning kicks. Officially incorporated as Korea's national sport in 1961, TKD is now an Olympic sport, and there are over 50 million people who practice worldwide. UBC REC's TKD instructors are from Kee's Tae Kwon Do school and are affiliated with the World Tae Kwon Do Federation. Tae Kwon Do workouts involve stretching, forms, a cardio workout and culminate in sparring.

Fall Information

Section I - 39 Sessions
SRC Studio
Sep 13 - Dec 18
Mon/Thu 8:00 - 9:30pm
Sat 1:30 - 3:00pm
No classes Oct 9, 11, Nov 11
FREE CLASSES Sep 13, 16, 18

Winter Information

Section I - 45 Sessions
SRC Studio
Jan 10 - Apr 28
Mon/Thu 8:00 - 9:30pm
Sat 1:30 - 3:00pm
No classes Apr 23, 25
FREE CLASSES Jan 10, 13, 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$219	27633	\$241	27632	\$262	27629
Winter	\$252	29265	\$277	29264	\$305	29261
2 Terms	\$423	27634	\$470	27631	\$517	27630



Shotokan Karate

NIHON GOJU KARATE

Includes the practice of the Japanese style of Goju (Hard/Soft) that blends linear action from Japanese karate with the circular movement of Chinese martial arts. Nihon Goju Karate emphasizes flow and balance in a cooperative and non-competitive environment that works well for both men and women.

Fall Information

Section I - 26 Sessions
SRC Dojo
Sep 16 - Dec 19
Thu/Sun 6:00 - 7:30pm
Sun 11:30am - 1:30pm
No classes Oct 10, Nov 11
FREE CLASSES Sep 16, 19

Winter Information

Section I - 30 Sessions
SRC Dojo
Jan 13 - Apr 28
Thu/Sun 6:00 - 7:30pm
Sun 11:30am - 1:30pm
No classes Apr 24
FREE CLASSES Jan 13, 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$187	27615	\$201	27614	\$218	27612
Winter	\$215	29247	\$232	29245	\$251	29243
2 Terms	\$354	27616	\$386	28593	\$417	27613

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$187	27604	\$201	27602	\$218	27600
Winter	\$215	29229	\$232	29227	\$251	29225
2 Terms	\$354	27605	\$386	27603	\$417	27601

HAPKIDO

Hapkido is a ruthlessly effective means of self-defence. It uses all ranges and methods of technique, including throws similar to those of both Aikido and Judo, kicks and punches not unlike those of Karate and Tae Kwon Do, nerve and pressure point attacks, joint locks and the use of both formal and improvised weapons.

Fall Information

Section I - 26 Sessions
 SRC Dojo
 Sep 14 - Dec 21
 Tue/Thu 7:30 - 9:00pm
 No classes Nov 11
 FREE CLASSES Sep 14, 16, 19

Winter Information

Section I - 30 Sessions
 SRC Dojo
 Jan 11 - Apr 21
 Tue/Thu 7:30 - 9:00pm
 FREE CLASSES Jan 11, 13, 16



Judo

JUDO

Perhaps the roughest of the martial arts, Judo uses the genuine rough-and-tumble grappling phase of unarmed combat. UBC REC Judo instructors are Judo Canada and NCCP (National Coaching Certification Program) certified.

Fall Information

Section I - 26 Sessions
 SRC Dojo
 Sep 13 - Dec 13
 Mon/Wed 7:30 - 9:00pm
 No classes Oct 11
 FREE CLASSES Sep 13, 15

Winter Information

Section I - 30 Sessions
 SRC Dojo
 Jan 10 - Apr 20
 Mon/Wed 7:30 - 9:00pm
 FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$187	28050	\$201	28048	\$218	28046
Winter	\$215	29235	\$232	29233	\$251	29231
2 Terms	\$354	28051	\$386	28049	\$417	28047

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$187	27621	\$201	27619	\$218	27617
Winter	\$215	29253	\$232	29251	\$251	29249
2 Terms	\$354	27622	\$386	27620	\$417	27618



Iaido

IAIDO

Iaido is the traditional Japanese martial art focused on the method of drawing and cutting with the Samurai sword. Modern Iaido training focuses on development of mental discipline through control of body and sword movements. There is no contact, and you do not compete against one another. Forms, or waza, are performed individually, against an imagined opponent in order to develop balance and coordination. All levels welcome.

Fall Information

Section I - 26 Sessions
 SRC Studio
 Sep 14 - Dec 14
 Tue 6:30 - 8:00pm
 Sat 9:30 - 11:30am
 No classes Oct 9
 FREE CLASSES Sep 14, 18

Winter Information

Section I - 30 Sessions
 SRC Studio
 Jan 11 - Apr 26
 Tue 6:30 - 8:00pm
 Sat 9:30 - 11:30am
 No classes Apr 23
 FREE CLASSES Jan 11, 15

ADVANCED JUDO

Previous participation in a UBC REC Judo class or an accepted level of study is recommended for participation in Advanced Judo. Perhaps the roughest of the martial arts, Judo uses the genuine rough and-tumble grappling phase of unarmed combat. UBC REC Judo instructors are Judo Canada and NCCP (National Coaching Certification Program) certified.

Fall Information

Section I - 13 Sessions
 SRC Dojo
 Sep 18 - Dec 18
 Sat 3:00 - 5:00pm
 No classes Oct 9
 FREE CLASSES Sep 18

Winter Information

Section I - 15 Sessions
 SRC Dojo
 Jan 15 - Apr 30
 Sat 3:00 - 5:00pm
 No classes Apr 23
 FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$156	27610	\$173	27608	\$187	27606
Winter	\$181	29241	\$199	29239	\$216	29237
2 Terms	\$302	27611	\$332	27609	\$362	27607

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$102	28213	\$110	28211	\$117	28209
Winter	\$118	29289	\$126	29287	\$135	29285
2 Terms	\$206	28214	\$221	28212	\$238	28210

JU JUTSU

Classical Ju Jutsu is the close-quarters combat system developed over the centuries by Japan's warrior class. Classical Ju Jutsu emphasizes grappling techniques although its syllabus also includes striking, and the use of a variety of classical weapons, such as the sword, dagger and staff. The instructor, Alex Kask, was trained in Japan, and is recognised as the Canadian representative of the masters of Takenouchi-ryu, Daito-ryu and Tenjin Shin'yo-ryu.

Fall Information

Section I - 39 Sessions
SRC Dojo
Sep 13 - Dec 15
Mon/Wed 6:00 - 7:30pm
Sat 9:30 - 11:30am
No classes Oct 9, 11
FREE CLASSES Sep 13, 15, 18

Winter Information

Section I - 45 Sessions
SRC Dojo
Jan 10 - Apr 27
Mon/Wed 6:00 - 7:30pm
Sat 9:30 - 11:30am
No classes Apr 23, 25
FREE CLASSES Jan 10, 12, 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$219	27639	\$241	27637	\$262	27635
Winter	\$252	29271	\$277	29269	\$305	29267
2 Terms	\$423	27640	\$470	27638	\$517	27636

Martial Arts classes are a great way to learn increase muscle strength, release stress, increase flexibility, stamina, and balance and improve your focus. Best of all, they are offered in a club style setting allowing you to meet new people, make friends and enjoy your new hobby.

EAGLE CLAW KUNG FU

Eagle Claw Kung Fu has many basic hand forms (movement sequences), weapon forms, partner forms using hands or weapons, and joint locking techniques of Chin Na. Eagle Claw also has elements of tumbling, Northern Long Fist, and Chinese boxing. The philosophy of the style is one of practical self-defence, and its exercises are conducive to healthful living for all ages. Students advance at their own pace, and lessons are presented in a family-friendly environment.

Fall Information

Section I - 13 Sessions
SRC Dojo
Sep 17 - Dec 10
Fri 7:00 - 8:30pm
FREE CLASSES Sep 17

Winter Information

Section I - 15 Sessions
SRC Dojo
Jan 14 - Apr 29
Fri 7:00 - 8:30pm
No classes Apr 22
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$94	29803	\$101	29800	\$109	29797
Winter	\$108	29805	\$116	29802	\$126	29799
2 Terms	\$177	29804	\$193	29801	\$209	29798

INTRO TO KUNG FU FOR KIDS (8 - 12 YEARS OLD)

Introducing our most comprehensive, age-specific martial arts class focusing on childhood growth and development. Intro to Kung Fu can help maximize the effectiveness of Kung Fu by enabling students to learn in a manner that is most appropriate for their age. The focus of this program is to provide students the highest quality martial arts Kung Fu instruction available in a safe and positive learning environment while having the time of their lives.

Fall Information

Section I - 13 Sessions
SRC Dojo
Sep 19 - Dec 19
Sun 1:30 - 3:00pm
No classes Oct 10
FREE CLASSES Sep 19

Winter Information

Section I - 15 Sessions
SRC Dojo
Jan 16 - May 1
Sun 1:30 - 3:00pm
No classes Apr 24
FREE CLASSES Jan 16

Term	Fall		Winter		2 Terms	
	Price	Course ID	Price	Course ID	Price	Course ID
Public	\$124	28091	\$143	28606	\$251	30405



Hung Gar Kung Fu

HUNG GAR KUNG FU

From the School of Raymond Cheung, Hung Gar is an aggressive, hard style of Kung Fu that is characterized by strong hand movements with very strong stances and footwork. Participants can expect to learn the fundamentals of Hung Gar fighting philosophy, basic training techniques, and traditional methods, while enjoying a collegial atmosphere.

Fall Information

Section I - 13 Sessions
SRC Dojo
Sep 18 - Dec 18
Sat 11:30am - 1:30pm
No classes Oct 9
FREE CLASSES Sep 18

Winter Information

Section I - 15 Sessions
SRC Dojo
Jan 15 - Apr 30
Sat 11:30am - 1:30pm
No classes Apr 23
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$102	27627	\$110	27625	\$117	27623
Winter	\$118	29259	\$126	29257	\$135	29255
2 Terms	\$206	27628	\$221	27626	\$238	27624

INTRO TO MMA

This course will provide participants with the opportunity to develop practical skills in the fighting areas of Stand-up (kicking, knees and elbows), Clinch (locks and takedowns) and Ground (positions, transitions and submissions). The course will include techniques from various martial arts styles and will focus on reflex development for practical application in sport and/or combat situations. Sparring will be optional. The program will stress the importance of a positive team approach to development of all participants. The course will include gi and no-gi applications and will include strenuous workout components.

Fall Information

Section I - 13 Sessions
 SRC Dojo
 Sep 19 - Dec 19
 Sun 3:00 - 5:00pm
 No classes Oct 10
 FREE CLASSES Sep 19

Winter Information

Section I - 15 Sessions
 SRC Dojo
 Jan 16 - Apr 24
 Sun 3:00 - 5:00pm
 FREE CLASSES Jan 16

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$124	30400	\$134	30398	\$146	30396
Winter	\$143	30402	\$155	30403	\$168	30404
2 Terms	\$251	30401	\$274	30399	\$297	30397

With so many variations of Martial Arts, it's important to make sure you are finding the right class for you. Take advantage of Shopping Week from September 13 - 19, and January 10 - 16 and try them all.

CAPOEIRA

Ache Brasil Capoeira is a Brazilian art form which combines dance, music, acrobatics and, of course, martial art. Known as the secret dance of Brazil, Capoeira is an astonishing display of acrobatics, breath-taking kicks and self defence tactics performed to the live music of drums and Berimbau (an ancient stringed bow-like instrument). The instructor, Mestre Eclilson DeJesus, has presented shows throughout North America, and has appeared on the Vicki Gabereau Show, the West Coast Music Awards, and Much Music. All levels are welcome.

Fall Information

Section I - 13 Sessions
 SRC Studio
 Sep 15 - Dec 8
 Wed 8:00 - 9:30pm
 FREE CLASSES Sep 15

Winter Information

Section I - 15 Sessions
 SRC Studio
 Jan 12 - Apr 20
 Wed 8:00 - 9:30pm
 FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$162	27598	\$175	27596	\$190	27594
Winter	\$187	29223	\$202	29221	\$219	29219
2 Terms	\$323	27599	\$347	27597	\$378	27595

AIKIDO

Aikido is a modern Japanese martial art based on the principle of non-conflict. In Aikido, one uses powerful, circular movements to blend with an opponent's attack and redirect the attack into a throw or immobilization, bringing the conflict to a peaceful resolution. Aikido helps develop one's flexibility, stability, and coordination of body and mind. This class will focus on the development of the mental and spiritual aspects of Aikido as well as the physical.

Fall Information

Section I - 39 Sessions
 SRC Dojo
 Sep 13 - Dec 13
 Mon/Wed/Fri 7:00 - 9:00am
 No classes Oct 11
 FREE CLASSES Sep 13, 15, 17

Winter Information

Section I - 45 Sessions
 SRC Dojo
 Jan 10 - Apr 27
 Mon/Wed/Fri 7:00 - 9:00am
 No classes Apr 22, 25
 FREE CLASSES Jan 10, 12, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$162	27592	\$175	27590	\$190	27588
Winter	\$187	29217	\$202	29215	\$219	29213
2 Terms	\$323	27593	\$347	27591	\$378	27589



Women's Self Defence

WOMEN'S SELF DEFENCE (WOMEN ONLY)

Women's Self Defence is a class designed for crime prevention, self defence, personal safety, and empowerment. Women learn how to protect themselves from a single unarmed assailant (basic self defence course), armed assailants, and multiple assailants.

Fall Information

Section I - 26 Sessions
 SRC Dojo
 Sep 14 - Dec 14
 Tue/Thu 5:00 - 6:00pm
 No classes Nov 11
 FREE CLASSES Sep 14, 16

Winter Information

Section I - 30 Sessions
 SRC Dojo
 Jan 11 - Apr 21
 Tue/Thu 5:00 - 6:00pm
 FREE CLASSES Jan 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$124	28056	\$134	28054	\$146	28052
Winter	\$143	29277	\$155	29275	\$168	29273
2 Terms	\$251	28057	\$274	28055	\$297	28053