

## 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, and more! Visit us at [www.martialarts.ubc.ca](http://www.martialarts.ubc.ca) to get all the details on class instructors and details about our dojo.



**\$8**  
ON AVERAGE,  
**UBC REC**  
MARTIAL ARTS  
COURSES COST  
LESS THAN **\$8**  
PER CLASS

*Judo*



### 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 - 12 sessions  
Location: SRC Dojo  
Sep 17 - Dec 17  
Sat 11:30am - 1:30pm  
No classes Oct 8, Nov 12  
FREE CLASSES Sep 17

#### Winter Information

Section I - 15 sessions  
Location: SRC Dojo  
Jan 14 - Apr 28  
Sat 11:30am - 1:30pm  
No classes Apr 7  
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$101	36519	\$108	36517	\$114	36515
Winter	\$126	36523	\$134	36522	\$143	36521
2 Terms	\$212	36520	\$227	36518	\$243	36516

## 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 - 29 sessions  
Location: SRC Dojo  
Sep 12 - Dec 21  
Mon/Wed 7:30 - 9:00pm  
No classes Oct 10  
FREE CLASSES Sep 12, 14

#### Winter Information

Section I - 31 sessions  
Location: SRC Dojo  
Jan 9 - Apr 25  
Mon/Wed 7:30 - 9:00pm  
No classes Apr 9  
FREE CLASSES Jan 9, 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$216	36564	\$232	36562	\$252	36560
Winter	\$231	36568	\$248	36567	\$269	36566
2 Terms	\$382	36565	\$415	36563	\$443	36561

### ADVANCED JUDO

UBC REC Judo or 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 - 12 sessions  
Location: SRC Dojo  
Sep 17 - Dec 17  
Sat 3:00 - 5:00pm  
No classes Oct 8, Nov 12  
FREE CLASSES Sept 17

#### Winter Information

Section I - 15 sessions  
Location: SRC Dojo  
Jan 14 - Apr 28  
Sat 3:00 - 5:00pm  
No classes Apr 7  
FREE CLASSES Jan 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$97	36336	\$104	36334	\$111	36332
Winter	\$122	36340	\$130	36339	\$139	36338
2 Terms	\$204	36337	\$219	36335	\$234	36333

### WOMEN'S SELF-DEFENCE

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, armed assailants, and multiple assailants.

#### Fall Information

Section I - 13 sessions  
Location: SRC Dojo  
Sep 13 - Dec 6  
Tue 5:00 - 6:00pm  
FREE CLASSES Sep 13

#### Winter Information

Section I - 14 sessions  
Location: SRC Dojo  
Jan 10 - Apr 10  
Tue 5:00 - 6:00pm  
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$66	36844	\$73	36852	\$80	36850
Winter	\$71	36858	\$78	36857	\$86	36856
2 Terms	\$121	36845	\$136	36853	\$151	36851

[www.martialarts.rec.ubc.ca](http://www.martialarts.rec.ubc.ca)

FREE CLASSES - UBC REC Shopping Week  
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

## THAI KICKBOXING

Strength, speed, power, endurance, self-defence, and confidence. These are just some of the skills and attributes you can develop in this early morning workout offered through UBC REC. Attention to detail is key, as you will learn the fundamentals of the ancient art of Muay Thai, which uses eight points of contact through the use of kicks, punches, elbow and knee strikes. Emphasis will be placed on building your technique in these major movements, progressing to combine them into devastating killer combos. Methods of training will involve skipping, shadow kickboxing, focus pads, bag work, and strength and cardio training drills.

### Fall Information

Section I - 26 sessions  
Location: SRC Studio  
Sep 13 - Dec 8  
Tue/Thu 8:00 - 9:00am  
FREE CLASSES Sep 13, 15

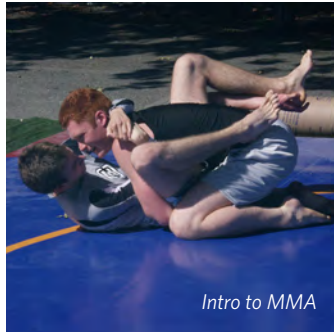
### Winter Information

Section I - 28 sessions  
Location: SRC Studio  
Jan 10 - Apr 12  
Tue/Thu 8:00 - 9:00am  
FREE CLASSES Jan 10, 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$160	37024	\$174	37020	\$190	37017
Winter	\$172	37025	\$188	37022	\$204	37019
2 Terms	\$300	37026	\$332	37021	\$364	37018



Thai Kickboxing



Intro to MMA

## INTRO TO MMA

This course will develop practical skills in the fighting areas of stand-up (kicking, knees and elbows), clinch (locks, and takedowns) and ground (positions, transitions, 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 the development of all participants. The course will include gi and no-gi applications as well as strenuous workout components.

### Fall Information

Section I - 11 sessions  
Location: SRC Dojo  
Sep 18 - Dec 11  
Sun 3:00 - 5:00pm  
No classes Oct 9, Nov 13  
FREE CLASSES Sep 18

### Winter Information

Section I - 13 sessions  
Location: SRC Dojo  
Jan 15 - Apr 15  
Sun 3:00 - 5:00pm  
No classes Apr 8  
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$108	36546	\$116	36544	\$129	36542
Winter	\$128	36550	\$137	36549	\$153	36548
2 Terms	\$222	36547	\$239	36545	\$269	36543

## KOBUDO

This class combines traditional Japanese and Okinawan weapon techniques. Wooden sword (bokken), pronged dagger (sai), and handled club (tonfa) training include conditioning (tanren), techniques and movement (ido), preset routines/forms (kata), practical application (bunkai), and controlled sparring (kumite). Benefits include agility, precision, timing, fitness, concentration, confidence, and courtesy.

### Fall Information

Section I - 15 sessions  
Location: SRC Dojo  
Sep 15 - Dec 22  
Thu 5:00 - 6:00pm  
FREE CLASSES Sep 15

### Winter Information

Section I - 16 sessions  
Location: SRC Dojo  
Jan 12 - Apr 26  
Thu 5:00 - 6:00pm  
FREE CLASSES Jan 12

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$87	36976	\$94	36973	\$102	36969
Winter	\$92	36975	\$100	36972	\$109	36970
2 Terms	\$161	36977	\$177	36974	\$194	36971

## 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 no competition 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  
Location: SRC Studio  
Sep 13 - Dec 17  
Tue 6:30 - 8:00pm  
Sat 9:30 - 11:30am  
No classes Oct 8, 12, Nov 12  
FREE CLASSES Sep 13, 17

### Winter Information

Section I - 31 sessions  
Location: SRC Studio  
Jan 10 - Apr 28  
Tue 6:30 - 8:00pm  
Sat 9:30 - 11:30am  
No classes Apr 7  
FREE CLASSES Jan 10, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$162	36528	\$179	36526	\$193	36524
Winter	\$193	36532	\$214	36531	\$229	36530
2 Terms	\$322	36529	\$352	36527	\$379	36525



Iaido

Instructional classes are subject to change due to facility availability & enrollment. Not all classes are offered every term. All prices include applicable taxes.

## JU JUTSU

Classical Ju Jutsu is the close-quarters combat system developed over 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 - 41 sessions  
Location: SRC Dojo  
Sep 12 - Dec 21  
Mon/Wed 6:00 - 7:30pm  
Sat 9:30 - 11:30am  
No classes Oct 8, 10, Nov 12  
FREE CLASSES Sep 12, 14, 17

### Winter Information

Section I - 46 sessions  
Location: SRC Dojo  
Jan 9 - Apr 28  
Mon/Wed 6:00 - 7:30pm  
Sat 9:30 - 11:30am  
No classes Apr 7, 9  
FREE CLASSES Jan 9, 11, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$236	36555	\$257	36553	\$280	36551
Winter	\$265	36559	\$289	36558	\$314	36557
2 Terms	\$453	36556	\$497	36554	\$546	36552



Ju Jutsu

## 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 - 30 sessions  
Location: SRC Dojo  
Sep 13 - Dec 22  
Tue/Thu 7:30 - 9:00pm  
FREE CLASSES Sep 13, 15

### Winter Information

Section I - 32 sessions  
Location: SRC Dojo  
Jan 10 - Apr 26  
Tue/Thu 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	\$223	36444	\$240	36442	\$260	36440
Winter	\$238	36448	\$256	36447	\$278	36446
2 Terms	\$394	36445	\$429	36443	\$458	36441

## TAE KWON DO

Tae Kwon Do is a modern Korean martial art characterised by high and 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 - 41 sessions  
Location: SRC Studio  
Sep 12 - Dec 22  
Mon/Thu 8:00 - 9:30pm  
Sat 1:30 - 3:00pm  
No classes Oct 8, 10, Nov 12  
FREE CLASSES Sep 12, 15, 17

### Winter Information

Section I - 46 sessions  
Location: SRC Studio  
Jan 9 - Apr 28  
Mon/Thu 8:00 - 9:30pm  
Sat 1:30 - 3:00pm  
No classes Apr 7, 9  
FREE CLASSES Jan 9, 12, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$236	36770	\$257	36769	\$280	36766
Winter	\$265	36774	\$289	36773	\$314	36772
2 Terms	\$447	36771	\$497	36768	\$546	36767



Shotokan Karate



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 - 27 sessions  
Location: SRC Studio  
Sep 14 - Dec 21  
Wed 6:30 - 8:00pm  
Sat 11:30am - 1:30pm  
No classes Oct 8, Nov 12  
FREE CLASSES Sep 14, 17

### Winter Information

Section I - 31 sessions  
Location: SRC Studio  
Jan 11 - Apr 28  
Wed 6:30 - 8:00pm  
Sat 11:30am - 1:30pm  
No classes Apr 7  
FREE CLASSES Jan 11, 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$204	36725	\$216	36723	\$234	36721
Winter	\$234	36729	\$248	36728	\$269	36727
2 Terms	\$389	36726	\$415	36724	\$454	36722

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FREE CLASSES - UBC REC Shopping Week  
Fall Term: Sep 12 - 18 Winter Term: Jan 9 - 15

## 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  
Location: SRC Studio  
Sep 14 - Dec 7  
Wed 8:00 - 9:30pm  
FREE CLASSES Sep 14

### Winter Information

Section I - 14 sessions  
Location: SRC Studio  
Jan 11 - Apr 11  
Wed 8:00 - 9:30pm  
FREE CLASSES Jan 11

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$171	36423	\$182	36421	\$197	36419
Winter	\$184	36427	\$196	36426	\$212	36425
2 Terms	\$333	36424	\$355	36422	\$386	36420



Capoeira



Nihon Goju Karate

## 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 - 42 sessions  
Location: SRC Dojo  
Sep 12 - Dec 21  
Mon/Wed/Fri 7:00 - 9:00am  
No classes Oct 10, Nov 11  
FREE CLASSES Sep 12, 14, 16

### Winter Information

Section I - 46 sessions  
Location: SRC Dojo  
Jan 9 - Apr 27  
Mon/Wed/Fri 7:00 - 9:00am  
No classes Apr 6, 9  
FREE CLASSES Jan 9, 11, 13

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$176	36354	\$193	36352	\$212	36350
Winter	\$193	36358	\$211	36357	\$232	36356
2 Terms	\$320	36355	\$355	36353	\$394	36351

**WITH SO MANY VARIATIONS OF MARTIAL ARTS, IT'S IMPORTANT TO FIND THE RIGHT FIT FOR YOU. GIVE EACH A TRY DURING SHOPPING WEEK RUNNING SEPTEMBER 12-18 AND JANUARY 9 - 15.**

## NIHON GOJU KARATE

We practice 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 - 15 sessions  
Location: SRC Dojo  
Sep 15 - Dec 22  
Thu 6:00 - 7:30pm  
FREE CLASSES Sep 15

Section II - 12 sessions  
Location: SRC Dojo  
Sep 18 - Dec 18  
Sun 11:30am - 1:30pm  
No classes Oct 9, Nov 13  
FREE CLASSES Sep 18

### Winter Information

Section I - 16 sessions  
Location: SRC Dojo  
Jan 12 - Apr 26  
Thu 6:00 - 7:30pm  
FREE CLASSES Jan 12

Section II - 14 sessions  
Location: SRC Dojo  
Jan 15 - Apr 22  
Sun 11:30am - 1:30pm  
No classes Apr 8  
FREE CLASSES Jan 15

Term	UBC Student		UBC Staff/Faculty		Public		
	Price	Course ID	Price	Course ID	Price	Course ID	
Sec I	Fall	\$105	36651	\$113	36649	\$126	36647
	Winter	\$112	36655	\$121	36654	\$134	36653
	2 Terms	\$200	36652	\$217	36650	\$243	36648
Sec II	Fall	\$101	36883	\$108	36881	\$114	36879
	Winter	\$118	36887	\$125	36886	\$133	36885
	2 Terms	\$204	36884	\$218	36882	\$234	36880

Instructional classes are subject to change due to facility availability & enrollment. Not all classes are offered every term. All prices include applicable taxes.