

MARTIAL ARTS

Martial arts are an extensive practice of traditional forms of combat. By integrating discipline, precision, and power, all martial arts have similar objectives to increase your inner and outer strength. Taught by experienced instructors, all of UBC REC's martial arts classes are designed to accommodate participants of all skill levels.

\$8 On average, UBC REC Martial Arts classes cost less than \$8 per class when you sign-up for the entire course. Register by **Friday May 20** to ensure your spot in one of these great classes.

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 we 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.

Spring/Summer Information

Section I - 26 Sessions
SRC Studio
May 14 - Aug 20
Tue 6:30 - 8:00pm
Sat 9:30 - 11:30am
No classes May 21, Jul 2, 30
FREE CLASSES May 14, 17

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$156	32140	\$178	32139	\$195	32138



Iaido

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.

Spring/Summer Information

Section I - 26 Sessions
SRC Dojo
May 16 - Aug 17
Mon/Wed 7:30 - 9:00pm
No classes May 23, Aug 1
FREE CLASSES May 16, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$190	32149	\$205	32148	\$225	32147



Advanced Judo

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.

Spring/Summer Information

Section I - 11 Sessions
SRC Dojo
May 14 - Aug 13
Sat 3:00 - 5:00pm
No classes May 21, Jul 2, 30
FREE CLASS May 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$91	32125	\$99	32124	\$109	32123

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.

Spring/Summer Information

Section I - 11 Sessions
SRC Dojo
May 14 - Aug 13
Sat 11:30am - 1:30pm
No classes May 21, Jul 2, 30, Aug 27, Sep 3
FREE CLASS May 14

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$105	32137	\$114	32136	\$121	32135



Hung Gar Kung Fu

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 section will focus on the development of the mental and spiritual aspects of Aikido as well as the physical.

Spring/Summer Information

Section I - 39 Sessions
SRC Dojo
May 16 - Aug 19
Mon/Wed/Fri 7:00 - 9:00am
No classes May 23, Jul 1, Aug 1
FREE CLASSES May 16, 18, 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$164	32128	\$181	32127	\$197	32126



Eagle Claw Kung Fu

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 20 - Aug 19
Fri 6:00 - 7:30pm
No class Jul 1
FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$97	32131	\$105	32130	\$115	32129

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.

Spring/Summer Information

Section I - 12 Sessions
SRC Dojo
May 15 - Aug 21
Sun 1:30 - 3:00pm
No classes May 22, Jul 3, 31
FREE CLASS May 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$85	35330	\$91	35329	\$100	35328

Sections do not represent progression or skill level of Instructional classes. Register by **Friday May 20** for all Instructional classes. All prices include applicable taxes.



Ju Jutsu

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. 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.

Spring/Summer Information

Section I - 38 Sessions
SRC Dojo
May 14 - Aug 20
Mon/Wed 6:00 - 7:30pm
Sat 9:30 - 11:30am
No classes May 21, 23, Jul 2, 30, Aug 1
FREE CLASSES May 14, 16, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$223	32146	\$243	32145	\$268	32144

THAI KICKBOXING

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 doing such will involve skipping, shadow kickboxing, focus pads, bag work, and strength and cardio training drills.

Spring/Summer Information

Section I - 11 Sessions
SRC Studio
May 20 - Aug 12
Fri 9:00 - 10:00am
No classes Jul 1, 15
FREE CLASS May 20

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$112	32115	\$124	32113	\$133	32111

SHOTOKAN KARATAE

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Studio
May 14 - Jun 29
Wed 6:30 - 8:00pm
Sat 11:30am - 1:30pm
No class May 21
FREE CLASSES May 14, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$105	32155	\$114	32154	\$121	32153



Shotokan Karate

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, 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.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 15 - Aug 28
Sun 3:00 - 5:00pm
No classes May 22, Jul 3, 31
FREE CLASS May 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$127	32143	\$137	32142	\$153	32141

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.

Spring/Summer Information

Section I - 26 Sessions
SRC Dojo
May 17 - Aug 11
Tue/Thu 7:30 - 9:00pm
FREE CLASSES May 17, 19

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$190	32134	\$205	32133	\$225	32132

YOGA, PILATES, AND TAI CHI

You need not travel far to get away from it all...UBC REC brings you an escape from the day to day with refreshing Yoga, Pilates, and Tai Chi classes. By getting in touch with your body, mind, and soul, you are ensured to leave feeling strengthened, revitalized, and ready to face the day!



\$8

Register for a UBC REC Yoga class and you pay less than \$8 per class or sign-up for a Pilates class and save more than \$4 per class when compared against drop-in rates!

TAI CHI

A traditional Chinese martial art, Tai Chi is now commonly practiced for its many health benefits. Tai Chi consists of a series of slow and graceful movements, which help to achieve a state of peace and tranquillity. The gentle practice of Tai Chi strengthens one's body, mind and spirit, by adjusting the proper flow of energy and blood, throughout the body, and regulating the internal organs. The healthy, sick, old, and young can all benefit from regular daily practice.

Spring/Summer Information

Section I - 26 Sessions
SRC Studio
May 16 - Aug 17
Mon/Wed 8:00 - 9:00am
No classes May 23, Aug 1
FREE CLASSES May 16, 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$127	32108	\$135	32107	\$153	32106

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.

Spring/Summer Information

Section I - 13 Sessions
SRC Dojo
May 19 - Aug 11
Thu 6:00 - 7:30pm
FREE CLASS May 19

Section II - 12 Sessions
SRC Dojo
May 15 - Aug 21
Sun 11:30am - 1:30pm
No classes May 22, Jul 3, 31
FREE CLASS May 15

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$91	32152	\$99	32151	\$109	32150
Section II	\$105	33725	\$114	33724	\$121	33723



Tai Chi

LUNCH TIME TAI CHI

Looking to de-stress or improve your health over your lunch break? Lunch Time Tai Chi consists of a series of slow and graceful movements, which help to achieve a state of peace and tranquillity. The gentle practice of Tai Chi is commonly practiced for its many health benefits.

Spring/Summer Information

Section I - 10 Sessions
SRC Dojo
May 18 - Aug 3
Wed 11:00am - 12:00pm
No classes Jul 6, 20
FREE CLASS May 18

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Section I	\$53	33728	\$58	33727	\$65	33726