

Martial Arts



1 Martial Arts Instruction in Orange County 2008

By Parenting Orange County Magazine

(949) 552-3602

ATA Martial Arts

Special Rate with this Ad
First Month 2 times per week \$ 39.00

Tiny Tigers **Ages 3-6 year olds**
Monday & Wednesday 6.10pm - 6.40pm
Tuesday & Thursday 4.00pm - 4.30pm
Saturday 10.00am - 10.30am

Karate for Kids **Ages 7-13 year olds**
Monday & Wednesday 3.20pm - 4.00pm
Tuesday & Thursday 5.20pm - 6.00pm
Saturdays 10.00am - 10.40am

Family Class
Monday & Wednesday 6.40pm - 7.20pm

ATA FIT with Suzie McClland

Tel. (949) 929-5020

Burn up to 800 calories in one energizing class
for a full body workout!

Cardio Kickboxing · Yoga · Power Chi
Free Clinics · Abdominal Sculpting
Resistance Training
Personal Attention Nutrition Counseling

Additional classes available. Call or visit our web site
today www.ATAirvine.com for a complete schedule.

15435 Jeffery Road
Corner of Jeffery & Irvine Center Dr.
Tel. (949) 552-3602
www.ATAirvine.com

Yoga Booty Ballet

YBB is a complete body workout that provides cardio, core exercises and stretches to lengthen and relax the body. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength training of ballet. Suitable for all fitness levels. Previous experience not required. Bring a yoga mat and water. Inst: Kim Esmond, Orange County Dance.

#69296	Th	7pm-8pm	Apr 23-Jun 11	LSC	\$96
FREE Yoga Booty Ballet Demo with Kim Esmond. Register early, space is limited.					
#69297	Th	7pm-8pm	Apr 16	LSC	Free

Zumba

Zumba is a fusion of Latin and international music with fast and slow rhythms that tone and sculpt the body. It utilizes the principals of fitness and resistance training to maximize caloric output, fat burning and total body toning with a mixture of body sculpting movements and easy-to-follow dance steps. Inst: Gina Abravanel. More info: 949-480-1742. www.ocbodybusiness.com. Ages 16+.

#69612	Tu	6pm-7pm	Apr 21-May 26	HPCC	\$59
#72844	Tu	6pm-7pm	Jun 9-Jun 16	HPCC	\$20

► MARTIAL ARTS Aikido for Youth & Adults

Have fun reducing your stress levels, while you also learn how to effortlessly subdue an attacker, improve your overall health, and gain self-confidence. Aikido is a nonviolent, non-competitive, but extremely effective method of self-defense. Great for children, teens and people of small stature. One-on-one assistance provided by senior assistants. Classes held month to month, year around. \$10 discount for additional family members. Inst: Mumonkan-Do Aikido Studio in Irvine, www.integrationforall.com. Directions available on Web site. No class 4/15, 5/23.

Ages	Days	Time	Apr	May	Jun	Fee
8-16	W	5:30pm-6:30pm	#68962*	#68963	#68964	\$45
13+	Sa	9:30am-11am	#68959	#68960*	#68961	\$80

IL-DO Tae Kwon Do for Kids, Adults, & Family

Tae Kwon Do benefits students of all ages. Children will gain self-confidence and discipline in a fun and safe environment. Adults will gain more energy and a great way to relieve stress. The whole family can workout together while spending quality time together. Introductory program is for first time students only. Classes beyond the introductory month must be paid to studio directly. FREE uniform. Location: IL-DO Tae Kwon Do (Heritage Plaza, near Ace Hardware), 14220 Culver Dr., Ste D. More info: 949-551-1800 or www.ildotkd.com.

#69681	Ages 4-12	M, Th	4:30pm-5:15pm	Mar 30-Apr 23	Studio	\$59
#69682	Ages 4-12	M, Th	4:30pm-5:15pm	Apr 27-May 21	Studio	\$59
#69683	Ages 4-12	M, Th	4:30pm-5:15pm	May 28-Jun 22	Studio	\$59
#69684	Ages 4-12	Tu-W	3:30pm-4:15pm	Mar 31-Apr 22	Studio	\$59
#69685	Ages 4-12	Tu-W	3:30pm-4:15pm	Apr 28-May 20	Studio	\$59
#69686	Ages 4-12	Tu-W	3:30pm-4:15pm	May 26-Jun 17	Studio	\$59
#69687	All Ages	M	7:15pm-8pm	Mar 30-Apr 23	Studio	\$59
	All Ages	Th	6:15pm-7pm	Mar 30-Apr 23	Studio	\$59
#69688	All Ages	M	7:15pm-8pm	Apr 27-May 21	Studio	\$59
	All Ages	Th	6:15pm-7pm	Apr 27-May 21	Studio	\$59
#69689	All Ages	M	7:15pm-8pm	May 28-Jun 22	Studio	\$59
	All Ages	Th	6:15pm-7pm	May 28-Jun 22	Studio	\$59
#69690	All Ages	Tu	6:30pm-7:15pm	Mar 31-Apr 23	Studio	\$59
	All Ages	Th	6:15pm-7pm	Mar 31-Apr 23	Studio	\$59
#69691	All Ages	Tu	6:30pm-7:15pm	Apr 28-May 21	Studio	\$59
	All Ages	Th	6:15pm-7pm	Apr 28-May 21	Studio	\$59
#69692	All Ages	Tu	6:30pm-7:15pm	May 26-Jun 18	Studio	\$59
	All Ages	Th	6:15pm-7pm	May 26-Jun 18	Studio	\$59

Karate for Children & Youth

Karate training benefits physical and mental health. Physical health includes greater strength and endurance, better balance, coordination and flexibility. Mental health includes developing self-discipline, confidence, esteem, respect and courtesy. New students begin with white belt. Inst: Roy Cadiente or Matt Hemenez. \$45/month. *No class 5/23.

Level	Ages	Days	Time	Site	Apr	May*	Jun
wht/yel/org/blu	4-7	Sa	9am-10am	DCP	#69300	#69305	#69309
wht/yel/org/blu	7-13	Sa	10am-11am	DCP	#69301	#69314	#69310
blu/grn/brn	6-14	Sa	11am-12pm	DCP	#69306	#69312	#69311
wht/yel/org/blu	4-14	Sa	12pm-1pm	DCP	#69307	#69313	#69302
blu/grn/brn/blk	8+	Sa	1pm-2pm	DCP	#69304	#69308	#69303

Martial Arts with Roy Cadiente

Karate is the continuing growth of knowledge, skill and attitude for the purpose of personal development, self-mastery and self-discipline. New students begin with white belt. Inst: Ed Derhovanesian or Roy Cadiente. More info: www.ocigk.com. \$45/month.

Ages	Days	Time	Site	Apr	May	Jun
14+	W	6:30pm-7:30pm	DCP	#69315	#69316	#69317
18+	W	7:30pm-8:30pm	DCP	#69318	#69319	#69326
4-16	Th	6:30pm-7:30pm	NCP	#69320	#69325	#69321
18+	Th	7:30pm-8:30pm	NCP	#69323	#69322	#69324

Shotokan Karate

Karate, literally translated as 'empty hand', is one of the oldest and most effective means of self-defense known to man. Learn Japanese Shotokan Karate from National Champion Brian Godshaw, who has over 30 years of experience. 12 wks. Second family member \$160. (This price is available through mail, fax or walk-in registration only.) Annual AAU membership required; \$14 children & \$27 for adults ages 19+. Contact instructor first day of class for AAU registration information. *No class 5/25.

#68984 Ages 5-12 M, W 6:30pm-7:30pm Apr 6-Jun 24* HPC \$175
 #68985 Ages 13+ M, W 7:45pm-8:45pm Apr 6-Jun 24* HPC \$175

Tae Kwon Do: Korean Karate

This ongoing class teaches the traditional Chung Do Kwan style of Tae Kwon Do with emphasis on kicking and hand techniques, progressively building strength and conditioning. Men, women and children at all levels learn together. Attend as many classes per week as desired. Taught by Jim Carona, 5th Degree black belt and other black belt instructors. Recommended for ages 5+. Monthly Fee: \$60-1 student; additional family members pay \$20 each, up to a total of four members. More info: www.bluewavemartialarts.org. Online registration is available for individual registration only! Schedule (subject to change):

Tu	Las Lomas Community Park	6:30pm-7:30pm
Wed	Heritage Park Community Center	5:30pm-6:30pm
Thur	Las Lomas Community Park	6:30pm-7:30pm
Fri	Lakeview Senior Center (Black Belt Only)	6pm-7pm
Sat	Heritage Park Community Center	10am-Noon
#68956	April	#68957 May
		#68958 June



MARTIAL ARTS

CALIFORNIA Martial Arts ACADEMY
 www.californiamartialarts.com
 6608 Irvine Center Dr
 (Sand Canyon & Irvine Center Dr)
 (949) 727-3181

FREE!
30 Day Trial Membership

SPIRIT * CONFIDENCE * RESPECT * SELF-DISCIPLINE

Children's Classes 3-6 year olds

Monday & Wednesday	5:00pm - 6:00pm
Tuesday & Thursday	6:30pm - 7:30pm
Saturday	10:00am

Family Classes

Monday	5:00pm
Tuesday & Thursday	5:30pm - 6:30pm

Adult Classes

Tuesdays & Thursdays	7:30pm - 8:30pm
Saturdays	10:30am - 11:30am



KETTLEBELLS

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Cardio, Strength and Fitness All in One!

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 (949) 727-3181

* High-paid, higher-stress executive with no time to exercise, a growing waistline, and rising blood pressure?

Kettlebells Orange County kick starts your health and fitness training and takes it to the next level. Whether you're looking to lose weight, increase strength and stamina or rehab old injuries, kettlebells can do it all!

* Need a fast, effective, and safe workout that you can fit in the moments between taking the kids to school and the zillion things you need to handle during the day?

Kettlebells are great for weight loss creating a lean, long body; increase energy & vigor for sports and martial arts; Rapidly improve strength; less pain & discomfort and even improve concentration through "iron Darwinism".

* High-performance professional athlete that needs the edge over competition?

* Struggling to find the time to workout between a demanding work schedule and time with the family?

* Tired and achy all the time? Or just bored with your current workout?

Locations:
 Irvine, Tustin, Rancho Santa Margarita, Coto, Ladera Ranch