

Martial Arts

CALIFORNIA
Martial Arts
ACADEMY
www.californiamartialarts.com

**Learn Kung Fu
 Just Like The
 Furious Five**



**CALL NOW
 Summer Classes**



Allow your child to stay fit mentally and physically this summer. Classes starting for students ages 3 and up!

**6608 Irvine Center Dr
 (Sand Canyon & Irvine Center Dr)
 (949) 727-3181**

Looking to train martial arts as a family? Here at California Martial Arts Academy you'll find many Irvine families training together. When you call, ask about our family rates.

NEW CLASSES

Women's Fitness Class

Yang Style Tai Chi

Russian Kettlebells

We realize there are a lot of workout programs out there and if you stick to the program, you will succeed. The problem comes when strange aches and pains occur, demotivating your workout regime and forcing you to quit. Our instructors at California Martial Arts are trained and dedicated to making sure you're demonstrating proper form to maximize the overall health of your body. If you've ever experienced neck, back, shoulder or knee pains, Give us a call, we may be able to help.

Call Now (949) 727-3181
irvine@californiamartialarts.com

Aikido for Youth & Adults

Have fun reducing stress levels. Learn 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. 1-on-1 assistance provided by senior assistants. Classes held month to month, year-round. \$10 discount for additional family members. Inst: Mumonkan-Do Aikido Studio in Irvine, www.integrationforall.com. Directions available on Web site.

Ages	Day	Time	Jun	Jul	Aug	Sep	Fee
8-16	W	5:30pm-6:30pm	#68964	#73103	#73108	#73106	\$45
13+	Sa	9:30am-11am	#68961	#73104	#73105	#73107	\$80

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

Tae Kwon Do benefits students of all ages. Children gain self-confidence and discipline in a fun and safe environment. Adults gain more energy and relieve stress. The whole family can workout and spend quality time together. Introductory program is for first-time students only. Classes beyond the introductory month must be paid to studio directly. FREE uniform. More info: 949-551-1800 or www.ildok.com. Location: IL-DO Tae Kwon Do (Heritage Plaza, near Ace Hardware), 14220 Culver Dr., Ste D. *No class 9/7.

#73624	Ages 4-12	M, Th	4:30pm-5:15pm	Jun 22-Jul 16	ILDO	\$59
#73625	Ages 4-12	M, Th	4:30pm-5:15pm	Jul 20-Aug 13	ILDO	\$59
#73626	Ages 4-12	M, Th	4:30pm-5:15pm	Aug 17-Sep 10*	ILDO	\$59
#73627	Ages 4-12	Tu-W	3:30pm-4:15pm	Jun 23-Jul 15	ILDO	\$59
#73628	Ages 4-12	Tu-W	3:30pm-4:15pm	Jul 21-Aug 12	ILDO	\$59
#73629	Ages 4-12	Tu-W	3:30pm-4:15pm	Aug 18-Sep 9	ILDO	\$59
#73636	All Ages	Tu, Th	11am-11:45am	Jul 7-30	ILDO	\$59
#73637	All Ages	Tu, Th	11am-11:45am	Aug 4-27	ILDO	\$59
#73630	All Ages	M	7:15pm-8pm	Jun 22-Jul 16	ILDO	\$59
		Th	6:15pm-7pm			
#73631	All Ages	M	7:15pm-8pm	Jul 20-Aug 13	ILDO	\$59
		Th	6:15pm-7pm			
#73632	All Ages	M	7:15pm-8pm	Aug 17-Sep 10*	ILDO	\$59
		Th	6:15pm-7pm			
#73633	All Ages	Tu, Th	6:30pm-7:15pm	Jun 23-Jul 16	ILDO	\$59
#73634	All Ages	Tu, Th	6:30pm-7:15pm	Jul 21-Aug 13	ILDO	\$59
#73635	All Ages	Tu, Th	6:30pm-7:15pm	Aug 18-Sep 10	ILDO	\$59

Karate for Children & Youth

Karate benefits physical health with greater strength and endurance and better balance, coordination and flexibility and mental health, including developing self-discipline, -confidence, -esteem, respect and courtesy. New students begin with white belt. More info. www.ocigk.com. Inst: Roy Cadiente or Matt Hemenez. \$45/month. Location: Deerfield Community Park. *No class 7/4, 7/29. (\$33.75/3 weeks fee prorated.)

Level	Ages	Day	Time	Jun	Jul	Aug	Sep
wht/yel/org/blu	4-10	Sa	9am-10am	#69309	(#73369)*	#73374	#73379
wht/yel/org/blu	7-13	Sa	10am-11am	#69310	(#73370)*	#73376	#73380
blu/grn/brn	6-16	Sa	11am-12pm	#69311	(#73371)*	#73375	#73381
wht/yel/org/blu	4-16	Sa	12pm-1pm	#69302	(#73372)*	#73377	#73367
blu/grn/brn/blk	8+	Sa	1pm-2pm	#69303	#73373*	#73378	#73368

CITY OF IRVINE

GO TO

ADULT SPORTS LEAGUES

PAGE 76



Martial Arts Boot Camp

Martial arts boot camp is the complete program for health, confidence and self-defense. Classes are full of kicking and punching drills for a superior full-body workout! Strengthen and tone while having fun learning an art that incorporates great self-defense techniques! Introductory program is for first-time students only. Enroll at studio for continuing levels. Wear comfortable clothes. More info: 949-551-1800, www.ildotkd.com
Location: IL-DO Tae Kwon Do (Heritage Plaza, near Ace Hardware), 14220 Culver Dr., Ste D. Ages 13+.

#73643	M	9:30am-10:15am	Jul 6-27	ILDO	\$49
#74496	M	9:30am-10:15am	Aug 3-24	ILDO	\$49
#74497	W	9:30am-10:15am	Jul 8-29	ILDO	\$49
#74498	W	9:30am-10:15am	Aug 5-26	ILDO	\$49

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. More info: www.ocigk.com. Wed. 6:30 pm-ages 14+; 7:30 pm-ages 18+; Thurs. 6:30 pm-ages 4-17; 7:30 pm-ages 18+. Inst: Ed Derhovanesian or Roy Cadiente. \$45/month.

Ages	Days	Time	Site	Jun	Jul	Aug	Sep
14+	W	6:30pm-7:30pm	DCP	#69317	#73390	#73391	#73392
18+	W	7:30pm-8:30pm	DCP	#69326	#73393	#73394	#73395
4-17	Th	6:30pm-7:30pm	NCP	#69321	#73396	#73398	#73400
18+	Th	7:30pm-8:30pm	NCP	#69324	#73397	#73399	#73401

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 more than 30 years of experience. 2nd family member \$160. (This price is available through mail, fax or walk-in registrations only.) Ages: 5-12 for 6:30 pm; 13+ for 7:45 pm. Annual AAU membership fee due at 1st class: \$14 children; \$27 adults ages 19+. No class 9/7.

#73340	Ages 5-12	M, W	6:30pm-7:30pm	Jul 6-Sep 23	HPCC	\$175
#73341	Ages 13+	M, W	7:45pm-8:45pm	Jul 6-Sep 23	HPCC	\$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. More info: www.bluewavemartialarts.org. Monthly Fee: \$60-1 student; additional family members pay \$20 each up to a total of 4 members. Recommended for ages 5+. No class 7/3, 7/4.

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-12pm
#68958	Jun #73095	Jul #73096
		Aug #73097
		Sep



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