

# KARATE

## Build Confidence, Fitness, and Fun!

Kempo Ju Jitsu offers a fantastic opportunity for both children and adults to learn valuable self-defense skills while engaging in physical exercise that promotes health, fitness, and enjoyment.

Two classes per week are recommended for all Karate students. Multiple classes help students advance their skills and earn higher belt levels. Black Belt Club is unlimited class – see back.

## August Classes

**Monthly Registration:** Each class meets one day per week.

No Class Monday, August 18th – Warrior's Dinner

No Classes Labor Day Weekend Friday, August 29 – Monday Sept. 1st



Age	Belt Level	Day	Time	Wausau
Ages 5 & 6	Tiny Tigers	Wednesday	5:30 – 6:00 PM	Program Gym
*Ages 6+	White/Yellow Belt	Tuesday	5:00 – 6:00 PM	Program Gym
*Ages 6+	White/Yellow Belt	Thursday	5:00 – 6:00 PM	Program Gym
Ages 6+	Orange/Purple Belt	Tuesday	5:00 – 6:00 PM	Program Gym
Ages 7+	Orange/Purple Belt	Thursday	5:00 – 6:00 PM	Program Gym
Ages 6+	Blue/Green Belt	Tuesday	6:00 – 7:00 PM	Program Gym
Ages 7+	Blue/Green Belt	Thursday	6:00 – 7:00 PM	Program Gym
Ages 15+	All Belts	Wednesday	6:00 – 7:00 PM	Program Gym
All Ages	Purple Belts+	Friday	4:30 – 5:30 PM	Program Gym
Sparring	Brown Belt+	Tuesday	6:00 – 7:00 PM	Program Gym
Sparring	Brown Belt+	Thursday	6:00 – 7:00 PM	Program Gym
Tournament Prep		Saturday	9:00 – 11:00 AM	Program Gym

Age	Belt Level	Day	Time	Aspirus
Ages 10-17	All Belts	Monday	6:00 – 7:00 PM	Gym Court 3
Ages 10-17	All Belts	Wednesday	6:00 – 7:00 PM	Studio C

\* White belt is for beginners.

Our Karate Program is designed with a clear, step-by-step approach that helps you advance by improving your skills and putting them into practice.

**Wausau Branch – Program Gym**  
707 N. 3rd St., Wausau, WI 54403  
715-845-2177

**Aspirus Branch – Studio C**  
3402 Howland Ave., Weston, WI 54476  
715-841-1850



For Registration and Class Information  
[WoodsonYMCA.com/karate](http://WoodsonYMCA.com/karate)



Interested in Private Lessons?  
[WoodsonYMCA.com/karate-private-lessons/](http://WoodsonYMCA.com/karate-private-lessons/)

Questions? Contact Haley Houghton  
Youth & Family Program Director  
Email: [karate@woodsonymca.com](mailto:karate@woodsonymca.com)

# Black Belt Club

## Unlimited Karate Classes On Your Path to Black Belt!



Join our Black Belt Club, designed to help you achieve your goals and master your skills.

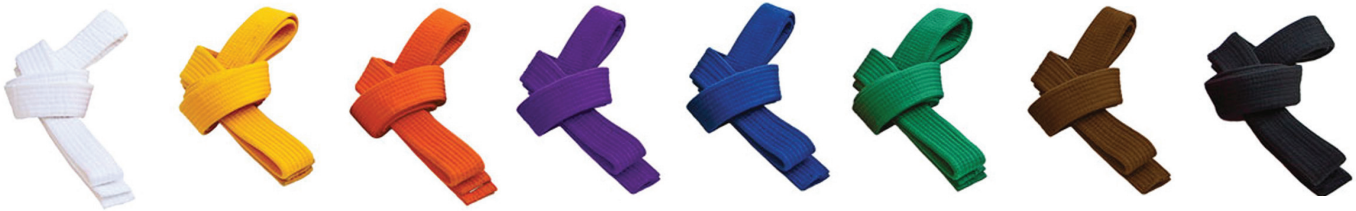
### Membership Includes:

- Unlimited Karate Classes at both Wausau & Aspirus Branches
- Expert instruction to guide you every step of the way

\$128/Month – Members Only



**Take the first step toward your Black Belt today!**



### Instructor: Scott Charette

- Master 5th Degree Black Belt in Kempo Ju Jitsu
- Striking/Grappling Trainer King of the Cage
- Law Enforcement Defensive Tactics Instructor
- Eagle Sash in Kung Fu
- 1st Degree Black Belt in Tae Kwon Do
- Nevada Kempo Champion 2001
- 45 Years Experience in Combat Sports



Learn more about Black Belt Club  
[WoodsonYMCA.com/black-belt](http://WoodsonYMCA.com/black-belt)

