



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.

Karate Classes

Monthly Registration: Each class meets one day per week.



Age	Belt Level	Day	Time	Location
Ages 5 & 6	Tiny Tigers	Wednesday	5:30 – 6:00 PM	Program Gym
Ages 5 & 6	Tiny Tigers	Thursday	4:30 – 5:00 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 6+	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 6+	Blue/Green Belt	Thursday	6:00 – 7:00 PM	Program Gym
Ages 10+	All Belts	Wednesday	6:00 – 7:00 PM	Program Gym
All Ages	Purple Belts+	Friday	4:30 – 5:30 PM	Program Gym
Specialty Training	Brown Belt+	Tuesday	6:00 – 7:00 PM	Program Gym
Specialty Training	Brown Belt+	Thursday	6:00 – 7:00 PM	Program Gym
Specialty Training	Black Belt	Tuesday	7:00 – 8:00 PM	Program Gym
Specialty Training	Black Belt	Thursday	7:00 – 8:00 PM	Program Gym
Tournament Prep	Form	Saturday	9:00 – 10:00 AM	Program Gym
Tournament Prep	Sparring	Saturday	10:00 – 11:00 AM	Program Gym

* White belt is for beginners.



For Registration and Class Information
WoodsonYMCA.com/karate



Interested in Private Lessons?
WoodsonYMCA.com/karate-private-lessons/

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

Questions? Contact Haley Houghton
 Youth & Family Program Director
 Email: 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.

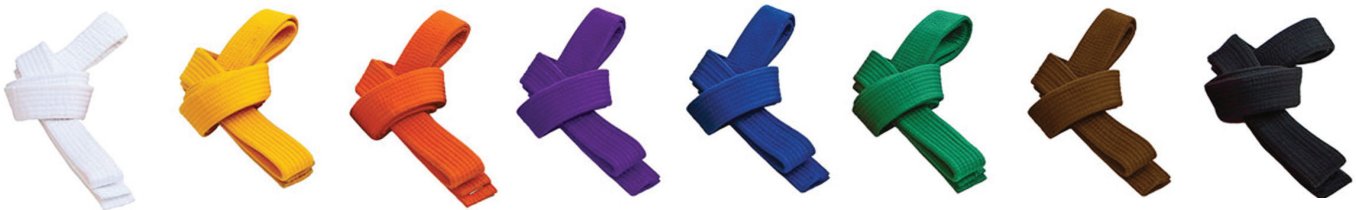
Membership Includes:

- 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

