

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.

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.

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: Class meets 1 or 2 times per week in the Program Gym at the Wausau Branch.

Age	Belt Level	Day	Time
Ages 5 & 6	Tiny Tigers	Wednesday	5:30 – 6:00 PM
Ages 5 & 6	Tiny Tigers	Thursday	4:30 – 5:00 PM
*Ages 6+ Beginner	White/Yellow/Orange/Purple	Tuesday	5:00 – 6:00 PM
*Ages 6+ Beginner	White/Yellow/Orange/Purple	Thursday	5:00 – 6:00 PM
*Ages 6+ Beginner	White/Yellow/Orange/Purple	Tuesday & Thursday	5:00 – 6:00 PM
Ages 6+ Intermediate	Blue/Green/Brown	Tuesday	5:45 – 7:00 PM
Ages 6+ Intermediate	Blue/Green/Brown	Thursday	5:45 – 7:00 PM
Ages 6+ Intermediate	Blue/Green/Brown	Tuesday & Thursday	5:45 – 7:00 PM
Adult (Youth w/Invite)	All Belts	Wednesday	6:00 – 7:00 PM
Adult (Youth w/Invite)	All Belts	Friday	4:30 – 5:30 PM
Tournamnet Training	Skill Development	Saturday	9:00 – 10:00 AM
Tournamnet Training	Skill Development	Saturday	10:00 – 11:00 AM
Tournamnet Training	Skill Development	Saturday	9:00 – 11:00 AM



* White belt is for beginners.



For Registration and Class Information
WoodsonYMCA.com/karate



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



Questions? Contact Tyler Leiskau
 Association Director of Youth Sports & Programming
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