

The Art of Self-Defense

These classes are designed to teach fundamental and basic techniques of self-defense while providing a positive experience for the students. Students will develop new skills, improve their self-image, and most importantly, HAVE FUN!



Glass Recreation Center Days Of Operation

Open

7 a.m. to 10 p.m.

Monday-Friday

&

9 a.m. to 3 p.m. on

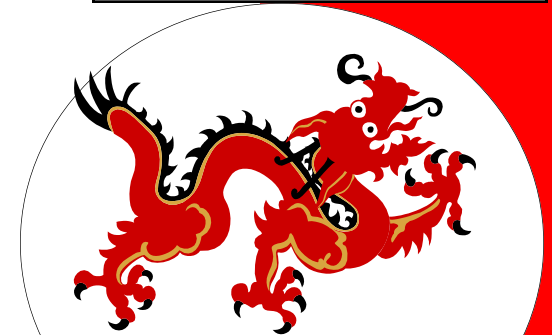
Saturdays

Closed Sundays

For more class information
please check our website at
www.tylerparksandre.com or
call 903-595-7271.



TYLER PARKS &
RECREATION'S
GLASS
RECREATION
CENTER



KARATE

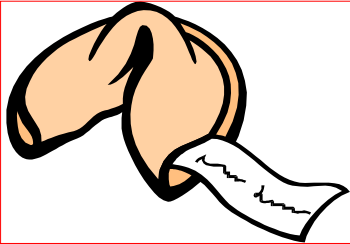
Glass Recreation Center
501 W. 32nd Street
Tyler, TX 75702

903-595-7271

JACKIE CHAN, BRUCE LEE, CHUCK NORRIS & YOU

GOJU-RYU

Goju-Ryu refers to a type of Okinawan Karate founded by Higaonna Kanyryo, further developed by Miyagi Chojun, and popularized by martial arts Legend Yamaguchi Gogen (nicknamed The Cat because of his feline-like speed, grace, and prowess). Goju-Ryu translated means "hard/soft." "Go" means physical hardness and strength of character. "Ju" is the gentleness, which flows from it and "Ryu" means style.



Confucius says, "You will have fun



PROGRAM DIRECTOR

AS A GOJU-RYU PRACTITIONER, INSTRUCTOR ALEX JONES, WILL TEACH STUDENTS TO USE SMALL, NARROW STEPS, OPEN HAND STRIKES, AND ELBOW AND KNEE TECHNIQUES, ALL OF WHICH ARE APPROPRIATE SELF-DEFENSE TACTICS FOR INCLOSE COMBAT.

\$20/MONTH FOR CLASSES

BEGINNER/INTERMEDIATE

TUESDAY, 6:30 PM - 7:30PM

AGES 4-16 ONLY

CLASSES WILL INTRODUCE YOUNG STUDENTS TO THE HISTORY OF THE MARTIAL ARTS. STUDENTS WILL LEARN TO FOCUS THEIR ENERGIES IN SELF-DEFENSE SITUATIONS, WHILE BUILDING CONFIDENCE AND SELF-ESTEEM THROUGH POSITIVE REINFORCEMENT.

INTERMEDIATE/ADVANCED

TUESDAY, 7:30PM- 8:30 PM

AGE 17- ADULT

CLASSES WILL CONCENTRATE ON THE HISTORY OF THE MARTIAL ARTS INCREASING SELF-AWARENESS AS WELL AS SELF-DEFENSE TECHNIQUES, WHILE STRENGTHENING THE MIND, THE BODY, AND THE SPIRIT OF THE STUDENTS.

REGISTRATION FORM

NAME _____

DOB _____

ADDRESS _____

CITY _____ STATE _____

ZIP CODE _____

TELEPHONE _____

ALTERNATE
PHONE _____

E-MAIL _____

IN CONSIDERATION OF BEING ALLOWED TO PARTICIPATE IN THIS ACTIVITY, I DO HEREBY WAIVE, RELEASE AND DISCHARGE THE CITY OF TYLER, THEIR EMPLOYEES, REPRESENTATIVES AND EXECUTORS FROM ANY RESPONSIBILITIES OR LIABILITY FOR INJURIES RESULTING FROM MY PARTICIPATION.

SIGNATURE _____

DATE _____