

Shotokan Karate

Shotokan Karate provides strength, confidence, body toning and flexibility training, and is an excellent form of self-defense.

Who: Adults and Children (Age 7 and older)

When: **Tuesdays and Thursdays**
Beginners: 6:30pm – 7:15pm
Intermediate: 6:30pm – 7:30pm
Advanced: 7:30pm – 8:00pm

Where: Hoover Recreation Center – Activity Room

Cost: **\$40/Month/person**
Hoover Recreation Center Membership or class pass is required and purchased at the Control Desk. The class fee is to be paid to the instructor (payable to Shih-Min Hsu) during the first week of the month. Note: Fees for belt test and ISKF Membership may be required in the future.

Instructors: **Shih-Min Hsu (205) 824-3486** **smhsu@shotokanbirmingham.com**
Joe Putman (205) 967-1138 marlin639@charter.net
Chris Campbell (205) 585-8499 chris@shotokanbirmingham.com
Sid Browning (205) 823-0651 brownings@jccal.org

Additional Information about Shotokan Karate:

Shotokan Karate is a traditional Japanese Martial Art. The three main areas of methodology focus on are Kihon (basics), Kata (form) and Kumite (free sparring). Kihon includes various punching, kicking and blocking techniques, while Kata is formal exercises derived from routine Kihon movements. Kata was created years ago and are used as a standard to judge technique. Kihon and Kata must be practiced with regularity to advance to the next step, Kumite. Kumite, or free sparring, is the actual application of the Kihon and Kata techniques that are practiced. In Shotokan Karate, Kumite never takes precedence over the practice of Kihon and Kata.

Registration Form:

Name: _____ Phone: _____

Address: _____

Guardian's Name: _____

Email address: _____

Hoover Recreation Center Membership: Yes, No