

# Martial Arts

## Sport Karate (HF072)

Dwayne Johnson

**All Levels • Teens & Adults • Age 12 and Up\***

Develop self-discipline, awareness & confidence, speed, strength, power, control, balance, flexibility & relaxation, using traditional & modern karate

*You may join any time. Class registration fees are paid directly to instructor. Credit card & Class-Pass transactions are processed through the BCCA. For more information contact Dwayne at (617) 645-4831 or BostonSportKarate@comcast.net.*

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Drop In: \$8

Class Pass: \$7

Block-Reg: 4 for \$20

## Chinese Kick Boxing (San Shou)

Marvin Perry

Combines basics of short/long-range combat, punching, kicking & throwing, with target work for coordination, conditioning, confidence & defense skills

*No experience necessary. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

Section 1 (MA047): **through Dec 20**

**All Levels • Teens & Adults • Age 12 and Up\***

Mondays • 6:30-7:30pm • Studio 5

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

Section 2 (MA053): **through Dec 17**

**All Levels • Teens & Adults • Age 12 and Up\***

Fridays • 5:30-6:30pm • Studio 3

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

Section 3 (MA048): **through Dec 18**

**All Levels • Teens & Adults • Age 12 and Up\***

Saturdays • 1:00-2:00pm • Studio 4

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

## Chin Na (Chinese Submission Fighting) (MA049)

Paul (Lefty) Rosado/Eric Grossman  
"Chinese Kick Boxing Club"

**All Levels • Teens & Adults • Age 14 and Up\***

A comprehensive system of punching, kicking, grappling, joint manipulation & submission holds. Realistic self-defense & combat for all skill levels.

*No experience necessary. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 20**

Mondays • 7:30pm-8:30pm • Studio 2 (as of Nov 1)

Fridays • 6:30-7:30pm • Studio 3

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

**No class on Nov 26**

## Kick Boxing for Women (MA050)

Sonia Mejia

"Chinese Kick Boxing Club"

**All Levels • Teens & Adults • Age 12 and Up\***

Learn fundamentals of punching & kicking for self-defense & tournaments. A great start for martial arts & cross training to improve fighting skills.

*No experience necessary. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 19**

Sundays • 11:30am-12:30pm • Studio 2

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

## Thai Kick Boxing (Muay Thai) (MA051)

Valter Santos

**All Levels • Teens & Adults • Age 12 and Up\***

Ancient thai contact fighting with punching and kicking, blending the art of its history with the practicality for today

*No experience necessary. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 22**

Wednesdays • 7:00-8:30pm • Studio 4

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

## Brazilian Kung Do Te (Muay Thai & Jiu Jitsu) (MA052)

Valter Santos

**All Levels • Teens & Adults • Age 12 and Up\***

An integration of Muay Thai, Boxing and Brazilian Jiu Jitsu; An ultimate in self-defense, taught by a 3-time Brazilian Champion

*No experience necessary. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 20**

Mondays • 8:45-10:15pm • Studio 3

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

## Intro to Northern & Southern-Style Kung Fu (Wu Shu) (MA044)

Dan Ben-Dror Marshall  
"Boston Kung Fu Tai Chi Institute (BKFTCI)"

**Beginner • Teens & Adults • Age 10 and Up\***

Stances, punching, kicking, jumping, power applications, defense & attack, styling & grace. Southern & Northern open hand forms & staff & spear forms.

*This course follows the Southern and Northern style National Chinese standard Kung Fu (Wu Shu) curriculum. Chang-Quan, Northern Fist Kung Fu, is famous for balanced, dynamic, explosive & graceful techniques, high jumps & kicks. &#8216;Nan-Quan', Southern Fist Kung Fu, is known for steady footwork, quick kicks & powerful close-combat hand techniques. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 23**

Thursdays • 5:10-6:30pm • Studio 3

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

**No class on Nov 25**

## Kung Fu & Tan Tui Technique, Self Defense & Power Applications (MA045)

Dan Ben-Dror Marshall/Huan Zhang  
"Boston Kung Fu Tai Chi Institute (BKFTCI)"

**Beginner • Teens & Adults • Age 12 and Up\***

Solid Kung Fu basics, correct posture, powerful punches, kicks & jumps, direct & effective defense/attack, great intro to kickboxing & street fighting

*We will occasionally be visited by Huan Zhang (huanstaichi.meteorriver.com) a highly advanced practitioner of Tan Tui & Tai Chi, who will review and correct our form and discuss special defense, attack & power applications. For a great continuance or supplement to this class, attend Paul Rosado's MA049 Chin Na (Chinese Submission Fighting) class, or any of our kickboxing classes. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 22**

Wednesdays • 8:30-9:30pm • Studio 4

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

**No class on Sep 15**

## Intermediate Northern & Southern-Style Kung Fu (Wu Shu) (MA046)

Dan Ben-Dror Marshall  
"Boston Kung Fu Tai Chi Institute (BKFTCI)"

**Intermediate\* • Teens & Adults • Age 12 and Up\***

Solidify North. & South. open hand, staff & spear forms, begin North. Straight Sword & South. Broad Sword, & international competition open hand forms

*Pre-requisite: MA044 Intro class, completion of beginner level Kung Fu training of other kinds, or instructor's permission. [This course follows the Southern and Northern style National Chinese standard Kung Fu (Wu Shu) curriculum. Chang-Quan, Northern Fist Kung Fu, is famous for balanced, dynamic, explosive & graceful techniques, high jumps & kicks. &#8216;Nan-Quan', Southern Fist Kung Fu, is known for steady footwork, quick kicks & powerful close-combat hand techniques.] [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 21**

Tuesdays • 5:00-6:30pm • Studio 2

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

## Kung Fu (Wu Shu) Team Class & Practice (MA032)

Dan Ben-Dror Marshall  
"Boston Kung Fu Tai Chi Institute (BKFTCI)"

**Intermediate & Advanced\* • Teens & Adults • Age 10 and Up\***

Take your skill to the next level! Perfect all 6 intro North. & South. open hand & weapons Wu Shu Forms & six advanced international competition forms

*Suggested Pre/Co-requisite: MA044 Intro class and/or MA046 Intermediate class, completion of beginner level Kung Fu training of other kinds, or instructor's permission. Hard working beginners are welcome! Many competition & performance opportunities. For more information call Dan at (617) 970-1444. [This program follows the Southern and Northern style National Chinese standard Kung Fu (Wu Shu) curriculum. Chang-Quan, Northern Fist Kung Fu, is famous for balanced, dynamic, explosive & graceful techniques, high jumps & kicks. &#8216;Nan-Quan', Southern Fist Kung Fu, is known for steady footwork, quick kicks & powerful close-combat hand techniques.] [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 19**

Sundays • 1:00-3:00pm • Studio 3

Drop In: \$12

Class Pass: \$11

Block-Reg: 4 for \$44, 8 for \$80, 12 for \$108

**No class on Oct. 31, Nov. 14**

## Tsuji-Ryu Kobudo: Samurai Taiko Drumming (MA033)

Master Tsuji/Yasko Kubota  
"Passion East Educational Performances"

**All Levels • All Ages**

Discover the great fun of Samurai Taiko! Learn Tsuji-Ryu Kobudo martial arts Japanese drumming.

*Possible performance, promotion & instructor positions. Lesson prices include drum usage fees (\$9/class). If you have a proper Taiko drum, your fee may be waived. Classes are progressive and students should attend regularly to properly master the material taught. To receive class makeup credit you must have the written consent of the instructor. For more information please contact Yasko at (781) 582-2099 or MasterKobudo@hotmail.com. [Each time you sign up for an additional concurrent Martial Arts program class (i.e. two or more classes a week), you receive a \$1/class discount.]*

**through Dec 21**

Tuesdays • 8:30-9:30pm • Studio 1

Drop In: \$22

Class Pass: \$21

Block-Reg: 5 for \$95, 10 for \$160

## POWER. TO PROTECT - TEENS (MA040)

Alex Iglecia, A.C.S.  
Robert Bussey & Associates

**Beginner & Intermediate\* • Teens • Age 13 and up**

Develop hand-to-hand defense & combat skills with strikes, kicks, takedowns, submissions, weapons and more with Robert Bussey's comprehensive program.

*No experience is necessary. Register or schedule a free consultation with Alex Iglecia at (781) 405-1248 or visit [www.powerboston.com](http://www.powerboston.com). Private and semi-private "One-to-One" training available. Class registration paid directly to instructor. Multi-Members are processed through the BCCA. [\$1/class discount if you take a BCCA Martial Arts class]*

**Ongoing**

Tuesdays • 5:30-6:30pm • Studio 4 | W

Drop In: \$13

Class Pass: \$11

## POWER. TO PROTECT (MA042) Self Defense Basics & Fundamentals

Alex Iglecia, A.C.S.  
Robert Bussey & Associates

**All Levels • All Ages**

Develop hand-to-hand defense & combat skills with strikes, kicks, takedowns, submissions, weapons and more with Robert Bussey's comprehensive program.

*No experience is necessary. Register or schedule a free consultation with Alex Iglecia at (781) 405-1248 or visit [www.powerboston.com](http://www.powerboston.com). Private and semi-private "One-to-One" training available. Class registration paid directly to instructor. Multi-Members are processed through the BCCA. [\$1/class discount if you take a BCCA Martial Arts class]*

**Ongoing**

Sundays • 1:30-3:00pm • Studio 4

Drop In: \$16

Block-Reg: 8 for \$100

Full Introductory Course & Materials: \$325