

# ***Martial Arts***

## ***Instructed By Scott, Pat & Kevin***

**When: Mondays & Thursdays**

**Time: 6:00 PM-7:00 PM**

**Where: At the Crivitz Youth Inc. Community Center**

**Who: Open to members and non-members ages 7+**

**Cost: ALL Youth (18 and under) \$20 / 8 sessions**

**Adult Members—\$30.00 / 8 sessions;**

**Adult Non-Members—\$40.00 / 8 sessions.**

***This program runs year-round!***

**Questions? Call 715-854-3109**



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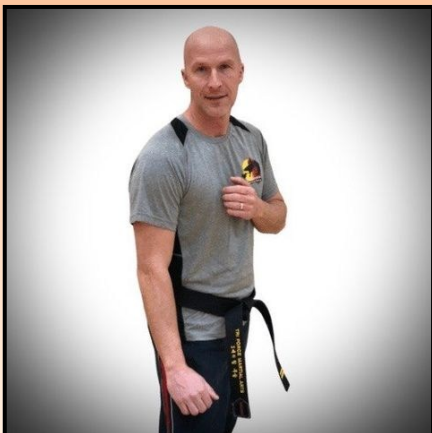
**My name is Kevin Goldberg. I am a volunteer with the Crivitz Martial Arts Program. I've**

**been involved in Tae Kwon Do for 6 1/2 years and have held the rank of First Degree Black Belt for nearly 2 years.**

**Hello, my name is Pat Doubek. I enrolled and joined a Taekwondo class in 1998.**

**After a few years of stop-**

**ping and starting up again, I got serious about 10 years ago. I received my first degree Black Belt in 2014. Then, received my second degree Black Belt in 2017. My passion is teaching all new student, especially the younger kids.**



**My name is Scott Sharkey. I am one of the martial arts instructors for the CYCC. I started in Taekwondo back in 2009 as an activity with my family. I continued to train and received my 1st degree black belt in 2014 and my 2nd degree black belt in 2017. I love the challenge of learning and pushing my mind and body to go above what I thought I could ever do. I have been married for over 23 years, have 2 kids and started out my adult career as a toy designer for Hasbro Toys. I did invention and design work up until 2007 when we bought the business that I grew up in.**

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## **What is Taekwondo?**

Taekwondo is a modern Korean martial art influenced by ancient self-defense practices. The name Taekwondo literally translates from Korean to “the way of the hand and foot” in English. It is the most popular style of martial arts practiced in the US and is even an Olympic sport. Most people that see any martial arts will refer to it as Karate, but most likely what they are seeing is Taekwondo because of its vast popularity. There are hundreds of different styles of martial arts such as Karate, Kung Fu, Jui-Jitsu, Krav Maga, etc. These are all just different styles of martial arts, mostly derived from different regions and countries. Taekwondo tends to focus more on the use of the legs, which are a much more powerful and longer weapon than the arms (which is the focus of Karate.)

## **What is taught in class?**

We practice traditional Taekwondo, and class will vary from week to week giving a unique and fresh feel, although we continue to practice many moves and techniques over and over, so that they come quickly and naturally in a self-defense situation. A typical class consists of warming up and stretch time, practicing hand and foot techniques, working on forms (a pattern of specific moves practiced against an imaginary opponent), self-defense, one-step sparring, and usually ending class with either a cool down stretch or focusing on any area that specifically needs more work.

## **What can I expect to learn?**

Taekwondo will teach the student discipline of mind and body. Benefits from the class will be core strength, stronger legs and arms, gaining balance, flexibility, confidence and staying calm in a self-defense situation. Also, how to react to difficult scenarios, evasive and offensive maneuvers, strict focus and most of all fun in an encouraging environment.

## **Rank and Testing:**

Most martial arts have some form of ranking. Taekwondo uses a belt system to promote ranks. They are white, yellow, green, blue, red and black belts. There is a rank in between each belt level called a “stripe” that also has a test. A new student with no knowledge will start as a white belt and with time, effort, focus and skill can advance to black belt and beyond. Testing will happen outside of class at a pre-determined time once an instructor has deemed that the student is ready and able to perform all necessary curriculum. They are usually in 2 to 4 month intervals. A black belt rank will take at least 4 years to achieve.

## **Details:**

Participants are responsible for acquiring their own uniforms: Pants and a white belt will cost around \$40 with tax and shipping. A good resource is [centurymartialarts.com](http://centurymartialarts.com), but there are options available on Amazon as well. All other colored belts will be purchased through CYI as part of the testing fee. T-shirts with the CYI Martial Arts logo can be ordered at the CYCC front desk for \$20.00/shirt. CYCC needs a minimum of 12 shirts to place an order.