Orange Karate Center (OKC)

1208 N. Tustin St., Orange 92867 (714) 538-7620

OKC Little Ninjas

4 Weeks, \$49

This class is designed to introduce your little ninja to very basic karate skills and creatively incorporates the use of song, skill games, and other motivational tools that make this a uniquely fun karate experience. Karate uniforms are not required to participate, but are available for purchase for \$35. No class will be held on 10/31/13.

39854	T/Th	Sep 10-0ct 03	4-5 yrs	4:00-4:30 p.m.
39855	T/Th	Oct 22-Nov 19	4–5 yrs	4:00-4:30 p.m.

OKC Karate for Youth and Jr. High

4 Weeks, \$59

OKC's experienced instructors will provide the personal attention necessary to help increase a student's level of coordination, confidence, and concentration. Certainly of benefit to any student, our OKC programs have been especially helpful to students with learning disabilities – ADHD, Asperger's, Oppositional Defiance Disorder, and higher functioning students who are on the Autistic Spectrum. Since 1995, Sensei Davis and her staff have committed themselves to bringing the benefits of martial arts to all who have the desire to learn. An OKC Karate Uniform is issued to first-time enrollees on the third week. No class will be held on 10/31/13 & 11/11/13.

39846	M/W	Sep 09-0ct 02	5-10 yrs	5:15-6:00 p.m.
39850	M/W	Sep 09-0ct 02	11-14 yrs	6:15-7:00 p.m.
39852	T/Th	Sep 10-0ct 03	5-10 yrs	5:45–6:30 p.m.
39847	T/Th	Sep 10-0ct 03	11-14 yrs	7:45-8:30 p.m.
39848	M/W	Oct 21-Nov 13	5-10 yrs	5:15–6:00 p.m.
39851	M/W	Oct 21-Nov 13	11-14 yrs	6:15-7:00 p.m.
39853	T/Th	Oct 22-Nov14	5-10 yrs	5:45–6:30 p.m.
39849	T/Th	Oct 22-Nov 19	11-14 yrs	7:45-8:30 p.m.

OKC Karate for Teens and Adults

4 Weeks, \$59

The OKC karate program is a great way to add variety to your workout schedule. In a friendly and non-threatening environment, we will combine the basics of Okinawan Karate with street-wise self-defense techniques making this class not only interesting, but loads of fun. Uniform is provided to first-time enrollees. Students enrolled in this course may choose any two classes per week from the following class times: M/T/W/Th 8:00–9:00 p.m. No class will be held on 10/31/13 & 11/11/13.

39844	Sep 09-0ct 03	15+	
39845	Oct 21-Nov 14	15+	

OKC Karate for Special Needs-Youth & Adult 4 Weeks, \$40

This specialized martial arts program is designed to meet the physical, cognitive, emotional and social skills of those who are developmentally challenged. Our trained instructors will conduct this course using a blend of karate skills and gross motor development exercises, as well as incorporate the use of song, art and craft activities as part of their training. Students must be ambulatory and considered "higher functioning". Caregivers/parents are required to accompany the student. A karate uniform will be issued to first time enrollees on the first day of class. No class will be held on 10/31/13 & 11/11/13.

39842	Sat	Oct 26-Nov 16	6-14 yrs	11:30 a.m12:15 p.m.
39843	Sat	Oct 26-Nov 16	15+	12:30-1:15 p.m.

Kids 'Pre-school' Karate

4 Weeks, \$40

This specialized karate program is age-specific and professionally designed to focus and build your child's gross motor skills in a fun and exciting atmosphere. Children will learn the very basics of punching and kicking while learning to listen, share and make friends.

Instructor: Frazier Martial Arts Staff				(714) 771-2977		
Location: Frazier Martial Arts Studio,						
245 N.	Tustin S	t., Orange 92867				
39681	Mon	Sep 09–Sep 30	3-4 yrs	5:30-6:00 p.m.		
39682	Mon	Oct 07-Oct 28	3-4 yrs	5:30-6:00 p.m.		
40157	Mon	Nov 04-Dec 02	3–4 yrs	5:30–6:00 p.m.		

OC Martial Arts

3126 E. Chapman Ave., Orange 92869

Kids Tae Kwon Do

4 Weeks, \$49

Your child will learn discipline, coordination, self defense, fitness, and confidence while having fun! All classes will be taught by certified Black Belt instructors with over 10 years teaching experience. Uniforms are required. Price for uniform is \$40. No class will be held on 11/11/13.

Instructor: Kris and Lisa Whittington (714) 654-75				
39797	M/W	Sep 09-0ct 02	6-12 yrs	5:30-6:15 p.m.
39799	M/W	Oct 07-Oct 30	6-12 yrs	5:30-6:15 p.m.
39801	M/W	Nov 04-Nov 27	6-12 yrs	5:30-6:15 p.m.

Taekwondo for Tots

4 Weeks, \$49

Taekwondo for Tots is a detailed curriculum that focuses on improving children's basic motor and listening skills. Through martial arts, children will gain increased confidence and have a better chance in matters of life, both mentally and physically. A free uniform will be provided for new students. No class will be held on 11/11/13.

Instructor: Kris Whittington				(714) 654-7558
40175	M/W	Sep 09-0ct 02	3-5 yrs	3:30-4:00 p.m.
40181	M/W	Oct 07-Oct 30	3-5 yrs	3:30-4:00 p.m.
40182	M/W	Nov 04-Nov 27	3–5 yrs	3:30-4:00 p.m.

Kickboxing with Kris

4 Weeks, \$45

Burn up to 800 calories an hour in a complete workout experience. You will strengthen and tone while building endurance and achieving optimal fitness. Learn real kickboxing techniques and conditioning drills. Get rid of your stress and get in shape! Please bring gloves, MMA or traditional martial arts gloves are ok. No class will be held on 11/28/13.

Instructor: Kris Whittington				(714) 654-7558
40173	T/Th	Sep 10-0ct 03	13+	6:45-7:45 p.m.
40174	T/Th	Oct 08-Nov 05	13+	6:45–7:45 p.m.
40179	T/Th	Nov 12-Dec 10	13+	6:45–7:45 p.m.