Martial Arts Classes

FALL 2018
FIRST WEEK IS FREE!

MONDAY

Muay Thai
Monday’s & Wednesday’s
5:00 – 6:00 pm
Sept 5 – Nov 7
$65 • Mat Room

Capoiera
Monday’s
6:30 – 7:30 pm
Sept 10 – Dec 3
$FREE • Studio 1

Judo
Monday’s & Wednesday’s
7:00 – 9:00 pm
Sept 5 – Dec 5
$99 • Mat Room

TUESDAY

Brazilian Jiu-Jitsu
Tuesday’s & Thursday’s
12:00 – 1:00 pm
Sept 4 – Nov 8
$65 • Mat Room

Boxing
Tuesday’s & Thursday’s
5:30 – 6:45 pm
Sept 4 – Nov 8
$65 • Mat Room

Aikido
Tuesday’s & Thursday’s
7:00 – 8:30 pm
Sept 4 – Dec 6
$99 • Mat Room

THURSDAY

Brazilian Jiu-Jitsu
Tuesday’s & Thursday’s
12:00 – 1:00 pm
Sept 4 – Nov 8
$65 • Mat Room

Boxing
Tuesday’s & Thursday’s
5:30 – 6:45 pm
Sept 4 – Nov 8
$65 • Mat Room

Aikido
Tuesday’s & Thursday’s
7:00 – 8:30 pm
Sept 4 – Dec 6
$99 • Mat Room

Judo
Monday’s & Wednesday’s
7:00 – 9:00 pm
Sept 5 – Dec 5
$99 • Mat Room

Shotokan Karate
Tuesday’s & Thursday’s
7:00 – 8:30 pm
Sept 4 – Dec 6
$99 • Moby Aerobics Room

Plot planning and prices are subject to change

*No classes during Fall Break (Nov 19-23)

Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

Sign up for classes online at purchases.csurec.colostate.edu or in person at the Service Center!
Martial Arts Class Descriptions

BRAZILIAN JIU-JITSU

Brazilian Jiu-Jitsu or BJJ (the “Gentle Art”) is a grappling martial art and combat sport that teaches a smaller person how to defend against a larger adversary/opponent by using leverage and proper technique. BJJ, was modified from Judo and traditional Japanese Jujitsu. It contains stand-up maneuvers, but it is most famous for its devastating ground-fighting techniques. By gaining superior positioning—one can apply numerous chokes, holds, locks and joint manipulations on an opponent. The true strength of BJJ is that the system provide a simple and defined strategy in with to defeat your opponent.

AIKIDO

Aikido is a traditional Japanese martial art based on the principles of universal harmony and non-violence. It is a highly effective form of self-defense that requires minimal forces because it uses an attacker's own size and strength against them. There is no wild kicking or punching in Aikido and it can be practiced by men and women of all ages. Aikido can be highly aerobic and with Ukemi, “The art of falling”, students will be learning to protect themselves by safely rolling or falling during the techniques. Bring a willingness to learn and most importantly, have fun! As a beginning student, please wear comfortable athletic clothing preferably long sleeves and pants. You will eventually decide to invest in a gi to further your training and safety.

JUDO

Judo, the “gentle way,” was developed in Japan in 1884. It incorporates standing and mat work techniques, combining throws, hold downs, chokes and arm bars with intense workouts. Students learn to maximize their own power and efficiency while using opponents’ strength against them, making it an effective means of self-defense. Judo has been an Olympic sport since 1964. After adequate instruction and practice, students may compete in local and national tournaments. Judo is an excellent way to develop physical and mental discipline. Beginners and experienced students are welcome.

SHOTOKAN KARATE

Shotokan Karate is a traditional Japanese martial art focusing on empty hand techniques. Students in this class will learn fundamental blocking, kicking, and striking techniques and forms (kata). Application of these techniques will be taught and practiced through sparring and self-defense drills. Benefits include increased fitness, strength and coordination as well as improved confidence. Shotokan karate is very widespread, helping students to continue training over breaks and after college should they so desire. All experience levels welcome.

MUAY THAI

Fundamentals of Thai Kickboxing will provide you with the basic skills of kickboxing. Sessions will provide practice in the fundamentals of correct strikes, footwork and defensive tactics as well as the proper use of equipment. Hand wraps, gloves, heavy bags and focus mitts will be incorporated into a variety of skills, drills and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase.

BOXING

Get fit without getting hit! Sweat the pounds off with actual fighter training using heavy bags and target mits. Classes will include light cardio, heavy bag rounds, high-intensity interval training, and core work. Hand wraps, gloves, heavy bags and focus mitts will be incorporated into a variety of skills, drills and conditioning exercises that allow you to be fully engaged in this fun, high-intensity activity. Hand wraps are required. If you do not own hand wraps, attend the first class where the instructor will provide information about what to purchase.

CAPOIERA

Capoeira is a martial art that combines the elements of acrobatics, music, dance, and rituals in a very elegant and magnetic way. The uniqueness of Capoeira will give your body physical strength, power and flexibility and your mind self-confidence, concentration, courage and creativity. No experience necessary.