# MARTIAL ARTS CLASSES

## Spring 2019

First week all classes are FREE! (FEB 4th- 7th)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **Muay Thai**  
Monday & Wednesday  
5:00 - 6:15 pm  
FEB 11 - APRIL 17  
Mat Room  
$65  
| **Boxing**  
Tuesday & Thursday  
5:00 - 6:15 pm  
FEB 12 - APRIL 17  
Mat Room  
$65  
| **Muay Thai**  
Monday & Wednesday  
12:00 - 1:00 pm  
FEB 12 - APRIL 18  
Mat Room  
$65  
| **Boxing**  
Tuesday & Thursday  
5:00 - 6:15 pm  
FEB 12 - APRIL 18  
Mat Room  
$65  
| **Self Defense Workshop**  
Beginning Course  
6:00 - 8:00 pm  
FEB 15 & MARCH 8  
Meeting Room A/B; Mat Room  
FREE  
| **Judo**  
Monday & Wednesday  
6:30 - 8:30 pm  
FEB 11 - MAY 17  
Mat Room  
$99  
| **Shotokan Karate**  
Tuesday & Thursday  
6:00 - 7:30 pm  
FEB 12 - MAY 2  
Moby Aerobics  
$99  
| **Judo**  
Monday & Wednesday  
6:30 - 8:30 pm  
FEB 11 - MAY 17  
Mat Room  
$99  
| **Self Defense Workshop**  
Advanced Course  
6:00 - 8:00 pm  
APRIL 19  
Mat Room  
FREE  
| **Capoeira**  
Monday  
6:30 - 7:30 pm  
FEB 4 - APRIL 29  
Studio 2  
FREE  
| **Aikido**  
Tuesday & Thursday  
7:00 - 8:30 pm  
FEB 12 - MAY 2  
Mat Room  
$99  
| **Aikido**  
Tuesday & Thursday  
7:00 - 8:30 pm  
FEB 12 - MAY 2  
Mat Room  
$99  

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

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Campus Recreation  
Colorado State University  
An equal access and equal opportunity university.
Brazilian Jiu-Jitsu or BJJ (the “Gentle Art”) is a grappling martial art, combat sport, and self-defense system that teaches a smaller person how to defend against a larger opponent by using leverage and 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 and leverage, students will learn to apply numerous chokes, holds, and joint locks to subdue an opponent. The true strength of BJJ is that the system provides a simple and easy-to-learn strategy for all people regardless of size, strength, or prior experience. This class is taught by representatives from McMahon Brazilian Jiu-Jitsu based in Fort Collins.

Shotokan Karate is a traditional Japanese martial art focusing on empty hand techniques. Students in this class will learn blocking, kicking, and striking techniques and forms (kata), appropriate to their experience level. Application of these techniques will be practiced with 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. The class is taught by instructors affiliated with the ISKF (International Shotokan Karate Federation). All experience levels welcome.

Muay Thai Kickboxing will provide you with the basic skills of kickboxing. Sessions will include practice in the fundamentals of correct strikes, footwork, and defensive tactics as well as the proper use of equipment. Get in great shape with high-intensity interval training and pad 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.

Judo, the “gentle way,” was developed in Japan in 1884. It incorporates standing and matwork techniques, combining throws, hold downs, chokes and armbars with intense workouts. Students learn to maximize their own power and efficiency while using opponent’s’ 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.

Capoeira is a martial art and dance form that emerged as a disguised self-defense among African slaves in Brazil. Capoeira was developed in Brazil mainly by African descendants with native Brazilian influences, probably beginning in the 16th century. It is known for quick and complex moves, using power, speed, and leverage for a wide variety of kicks, spins, and highly mobile techniques. In this class we train many basic movements in capoeira with the goal of being able to step into the “roda” (the sparring circle), and play a game of capoeira. Sparring is not choreographed, but rather improvised; the moves we learn serve as basic dictionary to create a conversation. Awareness of your body and of your opponent’s movements is a key focus of the practice.

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.