

F.I.T First Martial Arts Classes –Fall ‘09

Monday	Tuesday	Wednesday	Thursday
*Aikido 5:30-7:30pm Preston Combatives Room	*Boxing 6:00-8:00pm Jeremy Combatives Room	*Aikido 5:30-7:30pm Preston Combatives Room	*Boxing 6:00-8:00pm Jeremy Combatives Room
*Muay Thai 7:45-9:45pm Billy Combatives Room	*Tae Kwon Do 7:30-9:30pm Lori Multipurpose #1	*Muay Thai 7:45-9:45pm Billy Combatives Room	*Tae Kwon Do 7:30-9:30pm Lori Multipurpose #1
			Saturday (Thursday class cancelled)
	*Judo 8:15-10:15pm Katie Combatives Room		*Judo 3:00-5:00pm Saturday Katie Combatives Room

Aikido- Morikei Ujeshiba synthesized the art of Aikido from movements of the Japanese sword, staff, spear arts and empty handed Ju Jit Su. Aikido is unique in its gentle nature and lack of competitive atmosphere. Aikido employs sensitivity, balance and timing, with all techniques performed with minimum force while maintaining maximum efficiency.

Boxing—Get into the ring and learn the basics of the boxing fighting style. Focus on technique and strength and master the skills while learning a great method of self-defense.

Judo—Comes to us from the feudal system of Japan. In 1882, Dr. Kono studied these ancient forms and integrated what he considered to be the best of these techniques into what is now the modern sport of Judo. Class meets T,Sat

Muay Thai—referred to as “The Art of Eight Limbs”, as the hands, shins, elbows, and knees are all used extensively in this art. This martial art is practiced in large parts of the world and has a long history in Thailand.

TaeKwonDo-teaches the discipline of Korea’s national martial art. The class focuses on kicking, punching, blocking, self defense, and sparring. Also emphasizes learning the 5 tenets of Tae Kwon Do.

*** Free of Charge but enrollment is required in these classes**

Campus Recreation/Colvin Rec. Center

Phone– 405-744-5510 Web Address– campusrec@okstate.edu

Session begins Monday, August 17 and ends Thursday, November 19