



We build strong kids, strong families, strong communities.

Summer 2010 Schedule

Description:

Adult classes will emphasize self-discipline and responsibility while developing strength, flexibility, balance, and thinking skills. Practical self-defense will be taught while incorporating traditional karate techniques.

Adult Karate Schedule

Class	Day	Time	Fee	Location
Adult 15-18 years	Tue/Thurs	7:30-9:30pm	Free	Club Room
Adult 19+ years	Tue/Thurs	7:30-9:30pm	Free	Club Room

Registration Dates

Pre Registration Dates

May Classes	April 17, 2010
June Classes	May 22, 2010
July Classes	June 19, 2010

Open Registration Dates

May Classes	April 20, 2010
June Classes	May 25, 2010
July Classes	June 22, 2010

- **Pre Registration is designated for members who are currently enrolled in a Karate class.**

BURBANK COMMUNITY YMCA

Providing people of all ages lifelong opportunities to become stronger in spirit, mind and body.
321 Magnolia Blvd. • Burbank, CA 91502-1132 • v:818.845.8551 • f:818.845.0785 • burbankymca.org

Kyokushin Karate

The ultimate goal of martial arts is to build character and to improve the person. The path to that goal begins with learning to discipline the body and later the mind.

The Japanese word Kyokushin means, “the search for ultimate truth or reality.” Kyokushin Karate is the largest and most popular style of karate in Japan, with an enrollment of over three million worldwide. It is a no nonsense, traditional style which emphasizes self-defense.

Mas Oyama, the founder of Kyokushin, was literally a living legend, known around the world for his incredible feats of strength and power. He is also credited with introducing karate into United States in 1951.

The Burbank Community YMCA karate class is a certified branch of the Kyokushin organization which is headquartered in Tokyo, Japan. All students’ ranks are certified through Tokyo, and regional headquarters in Los Angeles, California.

About our Instructors

Chief instructor Brian Bastien is a 4th degree Black Belt “Yondan” as well as a Branch Chief. He has been featured in Black Belt magazine, on radio stations KFWB and KBIG as well as in many printed articles. He has also performed demonstrations at Los Angeles Dodger games.

Our instructor, Michael Power is a Brown belt and has studied Kyokushin Karate for over 15 years in the United States as well as in New Zealand.

Marina Margaryan Marina has been training Kyokushin Karate for four years and is an assistant instructor. She says her martial arts training has increased her self confidence, focus and concentration. Marina also says it helps her maintain peace and compassion. This is one of the goals of the Kyokushin style.



BURBANK COMMUNITY YMCA

FACILITY HOURS

Monday–Friday 5:30AM - 10:00PM
Saturday 7:00AM - 6:30PM
Sunday 12NOON - 5:00PM

MEMBER SERVICES HOURS

Monday–Friday 8:00AM – 8:00PM
Friday 8:00AM – 7:00PM
Saturday 9:00AM – 6:00PM
Sunday 1:00PM – 5:00PM

SCHOLARSHIPS

Financial assistance applications are available at Member Services and/or burbankymca.org.