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.

37151	T/Th	Jan 15–Feb 07	4–5 yrs	4:00–4:30 p.m.
37152	T/Th	Feb 26–Mar 21	4–5 yrs	4:00–4:30 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 St., Orange 92867

37364	Mon	Jan 14–Feb 04	3–4 yrs	5:30–6:00 p.m.
37365	Mon	Feb 11–Mar 11	3–4 yrs	5:30–6:00 p.m.

Kids Tae Kwon Do

5 Weeks, $59

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 $30.

Instructor: Kris and Lisa Whittington **(714) 654-7558**
Location: OC Martial Arts,
3126 E. Chapman Ave., Orange 92869

TRIAL	Mon	Jan 07	5–12 yrs	4:00–4:45 p.m.
37113	M/W	Jan 14–Feb 13	5–12 yrs	4:00–4:45 p.m.
37115	T/Th	Jan 15–Feb 14	5–12 yrs	4:45–5:30 p.m.
37114	M/W	Feb 18–Mar 20	5–12 yrs	4:00–4:45 p.m.
37116	T/Th	Feb 19–Mar 21	5–12 yrs	4:45–5:30 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, Aspergers', 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 2/18/13.

37143	M/W	Jan 14–Feb 06	5–10 yrs	5:15–6:00 p.m.
37145	T/Th	Jan 15–Feb 07	5–10 yrs	5:45–6:30 p.m.
37144	M/W	Jan 14–Feb 06	11–14 yrs	6:15–7:00 p.m.
37146	T/Th	Jan 15–Feb 07	11–14 yrs	7:45–8:30 p.m.
37147	M/W	Feb 20—Mar 18	5–10 yrs	5:15–6:00 p.m.
37149	T/Th	Feb 19–Mar 14	5–10 yrs	5:45–6:30 p.m.
37148	M/W	Feb 20–Mar 18	11–14 yrs	6:15–7:00 p.m.
37150	T/Th	Feb 19–Mar 14	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 2/18/13.

37141	Jan 14–Feb 07	15+
37142	Feb 19–Mar 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 2/02/13.

37139	Sat	Jan 19–Feb 16	6–14 yrs	11:00–11:30 a.m.
37140	Sat	Jan 19–Feb 16	15+	12:30–1:15 p.m.

Orange Recreation Online
REGISTER FOR CLASSES ONLINE TODAY!
See registration form on page 42 for details
For general information about any of our classes, please call (714) 744-7274 or visit us online at www.cityoforange.org