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.

38672	T/Th	Jun 18–Jul 16	4–5 yrs	4:00–4:30 p.m.
38673	T/Th	Jul 23–Aug 15	4–5 yrs	4:00–4:30 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, Asperger's, 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.

38674	M/W	Jun 17–Jul 10	5–10 yrs	5:15–6:00 p.m.
38675	T/Th	Jun 18–Jul 16	5–10 yrs	5:45–6:30 p.m.
38676	M/W	Jul 22–Aug 14	11–14 yrs	6:15–7:00 p.m.
38677	T/Th	Jul 23–Aug 15	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.

38682	Jun 17–Jul 16	15+
38683	Jul 22–Aug 15	15+

OKC Karate for Special Needs – Youth & Adult

6 Weeks, $60

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 6/29/13 & 7/6/13.

38684	Sat	Jun 22–Aug 10	6–14 yrs	11:00–11:30 a.m.
38685	Sat	Jun 22–Aug 10	15+	12:30–1:15 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

38919	Mon	Jun 17–Jul 15	3–4 yrs	5:30–6:00 p.m.
38920	Mon	Jul 29–Aug 19	3–4 yrs	5:30–6:00 p.m.

OC Martial Arts
3126 E. Chapman Ave., Orange 92869

Kids Tae Kwon Do

5 Weeks, $49

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 $40.

Instructor: Kris and Lisa Whittington **(714) 654-7558**

38648	M/W	Jun 17–Jul 24	6–12 yrs	4:00–4:45 p.m.
38650	M/W	Jul 29–Aug 28	6–12 yrs	4:00–4:45 p.m.

Taekwondo for Tots

5 Weeks, $49

Taekwondo for Tots is a detailed curriculum that focuses on improving children's basic motor and listening skills. Through martial arts, children will gain increased confidence and have a better chance in matters of life, both mentally and physically. A free uniform will be provided for new students.

Instructor: Kris Whittington **(714) 654-7558**

38656	T/Th	Jun 18–Jul 25	3–5 yrs	5:30–6:00 p.m.
38657	T/Th	Jul 30–Aug 29	3–5 yrs	5:30–6:00 p.m.

Kickboxing with Kris

5 Weeks, $49

Burn up to 800 calories an hour in a complete workout experience. You will strengthen and tone while building endurance and achieving optimal fitness. Learn real kickboxing techniques and conditioning drills. Get rid of your stress and get in shape! Please bring gloves, MMA or traditional martial arts gloves are ok.

Instructor: Kris Whittington **(714) 654-7558**

38652	T/Th	Jun 18–Jul 25	13+	6:15–7:15 p.m.
38653	T/Th	Jul 30–Aug 29	13+	6:15–7:15 p.m.