

KARATE

Traditional Okinawan Karate-Do (Shorin-Ryu Karate)

Fred Christian, 8th Dan Kyoshi, Instructor

Tuesday, 7:30 PM – 9:00 PM

Thursday 7:30 PM – 9:00 PM

Saturday 10:00 AM – 11:00 AM

Sensei Christian has 45 years of experience in Karate and is the highest ranked practitioner in the United States.

“The way of karate can be followed by anyone – man, woman, or child – and through karate training one can attain the highest ideals of beauty and strength. This beauty and strength is both inner and outer, mental and physical.”¹

“Amidst the noise and rapid changes of modern society, one can find in karate-do a peace of mind that will never be shaken. Through karate training one acquires stoicism and self-control which will prepare him fully to meet life’s many responsibilities.”¹

¹ The Essence of Okinawan Karate-Do, Grandmaster Shosin Nagamine, 10th Dan-Hanshi, Charles E. Tuttle Publishing, 1976

For more information:

Fred Christian, 618-397-8747

Belleville Health and Sports Center, 618-398-2778

HEART HEALTHY EXERCISE TIPS

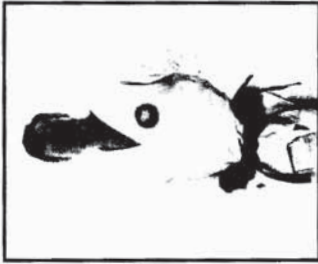
Exercise may work better than medication after a heart attack or stroke to prevent early death. At least two-and-a-half hours a week of moderate-intensity aerobic activity, such as brisk walking, was as good as drugs for heart attack patients and more effective than medicine for stroke patients who were capable of exercising - although such patients may have been healthier to begin with. Doctors should discuss lifestyle changes as well as medication use with patients who have had strokes or heart attacks - a combination of medicine and exercise may be best for many people.

Huseyin Naci, doctoral candidate in pharmaceutical policy and economics at London School of Economics, fellow at Harvard Medical School, Boston, and leader of any analysis of 305 studies, published in BMI.

Your health and physical capabilities are among the most important considerations in choosing an exercise program suitable for you.

You should choose:

- An exercise activity you really enjoy
- An exercise activity that is convenient for you in order to maintain a regular schedule.
- A sport in which you either have some skill and ability or an interest in learning.



FRED CHRISTIAN
8th Degree Black Belt
Shorin-Ryu Karate

Sensei Christian is responsible for setting the standards of performance and evaluation of participants who wish to advance in rank. He also will ensure that participant training meets the standards of Shorin-Ryu, Matsubayashi-Ryu, as set by Grand-master Shoshin Nagamine. Sensei Christian will instruct the class.

Sensei Christian has been in Shorn-Ryu since 1968 and is the highest ranking non-Okinawan in the world.



Belleville Health and Sports Center's Kardiak Karate Program provides training in Shorin-Ryu Karate. The goal of this program is to provide an alternative means of exercise for those individuals who have not participated in a regular exercise program or who would like to vary their present program to achieve fitness.

WHAT IS SHORIN-RYU KARATE?

Karate, which originated in Okinawa, is a martial art developed for the purpose of self-defense without weapons. Shorin-Ryu (Matsubayashi-Ryu) is one form of Okinawan Karate-Do.

WHAT BENEFITS WILL I RECEIVE FROM TRAINING IN KARATE?

Karate contributes to the training of body and spirit. Through regular participation, you will:

- Increase endurance
- Improve mobility and flexibility
- Reduce stress
- Gain self-esteem and self-confidence





WHO CAN PARTICIPATE IN THE KARDIAC KARATE PROGRAM?

Healthy adults who have not participated in a regular exercise program or who would like to vary their present program are welcome.

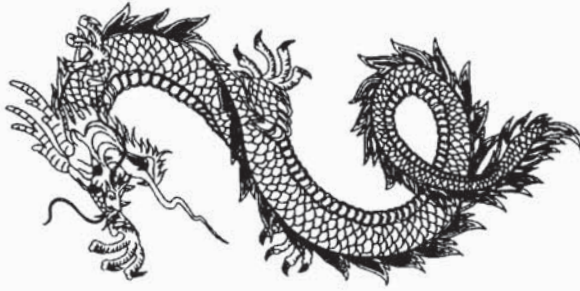
The program is safe for individuals with known heart disease, those at high risk for heart disease and those who have undergone coronary angioplasty or coronary bypass surgery.

HOW QUICKLY CAN I EXPECT PROGRESS IN THE KARDIAC KARATE PROGRAM?

Karate requires endurance and commitment that is determined by each individual who participates in the program.

WHEN CAN I START TRAINING?

You can start any time. Classes are arranged to help anyone at any level of training.



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AND SPORTS CENTER
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