

# THE KARATE CLUB @ UCR – **SPRING** 2007

IMPROVE YOUR BODY

SHARPEN YOUR MIND

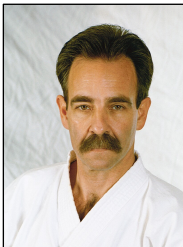
STRENGTHEN YOUR SPIRIT

## SAVE YOUR BUTT!!!



# KARATE!

## UCR WORLD CLASS INSTRUCTORS

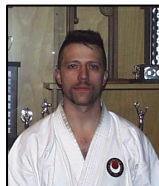


**CHIEF INSTRUCTOR: Edmond Otis – 7<sup>th</sup> Dan**, is Chief Instructor of the American JKA Karate Association (AJKA), and a lecturer in UCR's Graduate School of Education. He has practiced traditional karate since 1967 and is internationally known as a competitor, instructor, coach, and judge. Sensei Otis is acclaimed for his innovative and dynamic teaching style and has trained numerous national and international champions. He travels internationally, conducting instructor seminars that focus on all aspects of karate practice – a dynamic and intense method of self-defense, a rigorous form of exercise, a philosophy of life, and an exciting competitive sport. Sensei Otis is co-author of *"The Complete Idiots Guide to Karate"* from Macmillan-USA Publishers, and is featured in the international video series: *"Essential Shotokan"*, from Perfect Form, Inc. Visit [www.essential-shotokan.com](http://www.essential-shotokan.com) to see video clips. Questions? [edmond.otis@ucr.edu](mailto:edmond.otis@ucr.edu)



**Kevin Warner, 6<sup>th</sup> dan**, has practiced traditional karate for over 25 years. An international competitor, he has won numerous national sparring and form championships. In 1997,

and again in 2002, he captured an individual bronze medal at World Shotokan Karate Championships.



**John Rellias, 5<sup>th</sup> dan**, has practiced traditional karate for over 25 years. He has won numerous national sparring titles and has represented the United States in

international competition. He is known for his intensity as a teacher and excellence of technique.



**Nathan Scarano, 5<sup>th</sup> dan**, has practiced traditional karate for over 25 years. A national and international, and Euro-cup champion, he has represented the United States in international

competition. He is known for the power of his technique and strength of his spirit.

**SIGN UP: "SPRING UNLIMITED KARATE" – AT STUDENT REC. CENTER OR CALL 951.827.5738**

**UCR STUDENT FEE PER-QUARTER: \$ 85.00. NON-STUDENT FEE PER-QUARTER: \$125.00**

**ALL FEES INCLUDES USE OF UNIFORM – CLASSES START 3/31/08**

<b>Beginning:</b>	<b>MW</b>	<b>1:00 - 2:00pm/ Otis</b>	<b>T/TH 8:00 – 9:00 pm / Rellias/Warner</b>
<b>Intermediate:</b>	<b>T</b>	<b>7:00 – 8:00 pm / Rellias/ Warner</b>	
	<b>TH</b>	<b>6:30 – 8:00 pm / Rellias/ Warner</b>	
<b>Int/Adv:</b>	<b>T/TH</b>	<b>12:45 – 2:00 pm / Otis (7kyu and above or instructor approval)</b>	
<b>Sparring:</b>	<b>SAT</b>	<b>9:00 – 10:30am /Scarano</b>	
<b>Workshop:</b>	<b>T/TH:</b>	<b>2:10 – 3:00 pm/ Otis</b>	
<b>KATA:</b>	<b>F:</b>	<b>6:30 – 7:45 pm/ Warner (4<sup>th</sup> kyu and above)</b>	

**THE NATION'S BEST – [WWW.KARATE.UCR.EDU](http://WWW.KARATE.UCR.EDU)**

