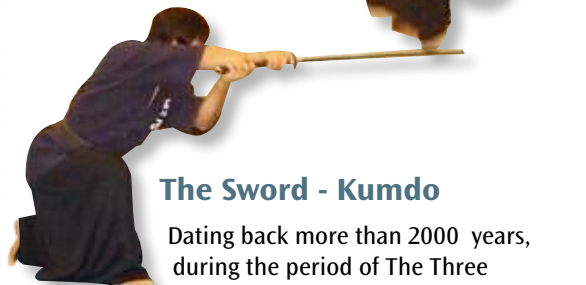


The Sword KUMDO



The Sword - Kumdo

Dating back more than 2000 years, during the period of The Three Kingdoms, the ancient art of Kumdo, or traditional Korean swordsmanship, remains as an enduring practice of grace, power and dignity. "Kumdo" is "The Art of the Sword."

Study this Art to develop a powerful sense of calm, confidence and focus. This rigorous workout will train you to challenge and conduct yourself at a higher level of awareness. You will learn sword etiquette along with drawing, retreating and sparring techniques. We learn and practice with the wooden and bamboo sword. Students of all ages benefit from this training.

Classes are on Saturday at 10:30am, presented in ongoing, weekly, one-hour workshops (you may join any time, but enrollment is limited).



GrandMaster S.H. Yu

GrandMaster S.H. Yu has dedicated his life to the Martial Arts. A lifetime of study and service to the evolution of Martial Arts distinguishes him as an elite achiever who is affiliated and recognized by significant international martial arts organizations. His expertise includes study, practice, and

choreography of various traditional Martial Arts, including Kumdo (Swords) and Artistic Weaponry.

Instructors & Curriculum Philosophy

Our dedicated team of instructors, trained "from the ground up" by GrandMaster Yu promote the highest standards of safety, attention and accuracy to ensure a solid understanding of the techniques, and an enjoyable learning environment. We believe that human development at every stage is an important undertaking. Our instructors are devoted to helping students realize their potential. We put student safety and enjoyment first, with clean, carpet-bonded foam matting, abundant natural light, and spaciousness for ease of movement.

Your Progress is Unlimited

Traditional Martial Arts training promotes ongoing, year-round classes offered Monday through Saturday. Your Membership at Master S.H. Yu Martial Arts gives you the opportunity to come to class multiple times per week, and offers flexibility for your ease of scheduling. We are ready to train you! You receive unlimited access to your own progress.

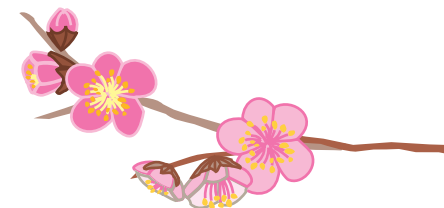
Contact Us

Visit our classes Monday through Saturday. (Parking available on property) Consult with GrandMaster Yu or an Instructor to plan your entry into a healthy, happy and disciplined lifestyle. You can embrace the many benefits of traditional martial arts practice. Complete our pre-registration application at www.Master-SH-Yu.com.

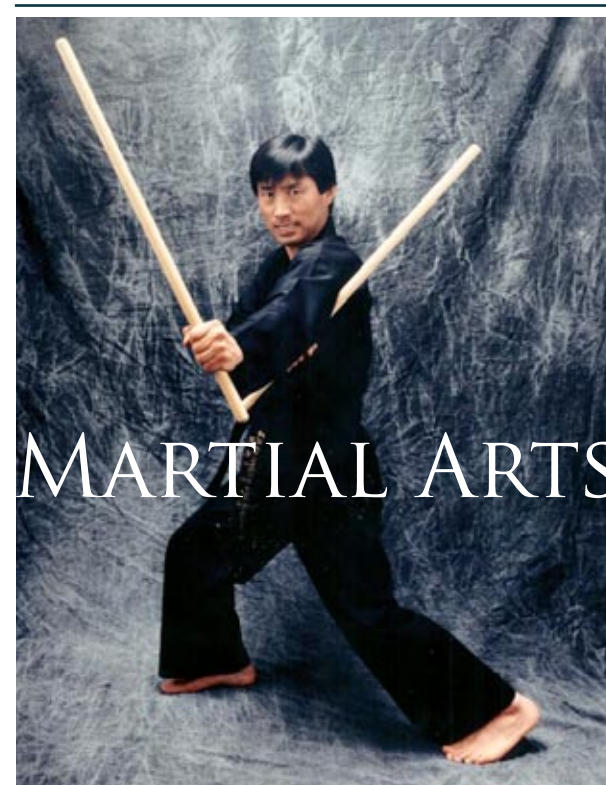
MASTER S.H. YU

MARTIAL ARTS & FITNESS ASSOCIATES

6701 W North Avenue Oak Park, IL 60302-1006
(708) 383-3456 main
www.Master-SH-Yu.com



PUTTING THE ART BACK INTO



MARTIAL ARTS

MASTER S.H. YU
MARTIAL ARTS & FITNESS ASSOCIATES

Children's Program

GrandMaster Yu has devoted his life to helping children realize their potential. The martial arts lead to happier, healthier children with the life skills to succeed in a demanding society. Your child deserves this incredible opportunity.

The proper physical and cognitive development of the child is the basis for our children's program. As our children train, they become more disciplined and attentive while having fun and building community. Training carries over into other areas of their lives: they uniformly excel in academics, social development, and other sports. We reinforce the values promoted by our Student Creed, and we practice and enjoy the benefits of respect, ritual and healthy routines.

KinderKarate – ages 4 - 5 years

A fun, affirming introductory martial arts experience for preschool children, KinderKarate is a developmentally appropriate way for young children to learn the philosophy, etiquette and movements of the martial arts. Our early childhood expert instructors work attentively with your child to instill confidence, discipline, and body-awareness.

Class size is limited to 10 children. Two, 40-minute classes per week combine to promote healthy understanding and enjoyment. Contact us to schedule an onsite registration.

Beginner – ages 5 ½ - 12 years

Children gain the foundation of movements, body placement, and martial arts philosophy. Consistent attendance is encouraged, and is easily attained with our signature, membership registration: you receive unlimited access to the number of classes per week. Our enthusiastic instructors motivate your child to embrace a martial arts lifestyle.

Intermediate & Advanced – ages 9 - 14 years

Continued training provides greater challenge to achievement of a Black Belt and Junior Instructor training. Leadership skills emerge, and students learn how to partner their skills under the personal guidance of GrandMaster Yu.



Schedule of Classes

MASTER S.H. YU MARTIAL ARTS

Private Lessons

Monday through Saturday -
scheduled by appointment

KinderKarate - Preschool Class

Tuesday 4:20-5:00pm and Thursday 5:00-5:40pm

Children - Beginner

Monday through Thursday - 5:00-6:00pm
Saturday - 9:00-10:00am

Children - Intermediate & Advanced

Monday through Thursday - 6:00-7:00pm
*Friday - 5:00-6:00pm
Saturday - 9:00-10:00am
*Brown, Red and Black Belt only.

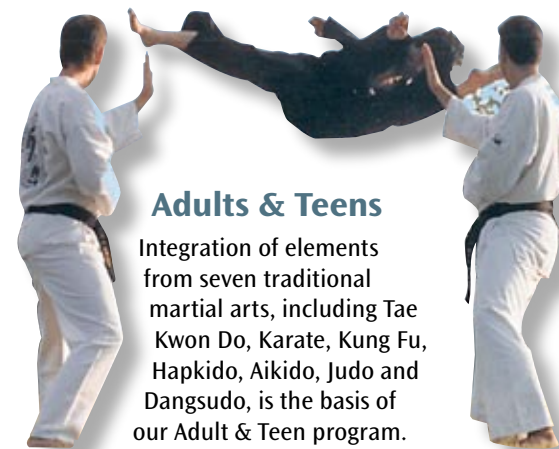
Teen & Adult

Monday through Thursday - 7:00pm-8:30pm
Friday - 6:30pm-7:30pm
Saturday - 9:00am-10:30am

Kumdo - Swords Class

Saturday - 10:30am-11:30am

Artistic Weaponry training, camps & workshops offered seasonally.



Adults & Teens

Integration of elements from seven traditional martial arts, including Tae Kwon Do, Karate, Kung Fu, Hapkido, Aikido, Judo and Dangsudo, is the basis of our Adult & Teen program.

Beginners have a safe and steady orientation to class, which includes

two, one-on-one training sessions with an Instructor. Part of our core, year-round curriculum, you attend class a minimum of two times per week, or, as often as your schedule permits. Our 90-minute class ensures the development of flexibility and agility, which is not only the foundation for maximum enjoyment of your martial arts practice, but the basis of overall muscular-joint health. Athletes appreciate the emphasis on flexibility to avoid injury and achieve optimum performance.

Training with us has multiple benefits: the most obvious is self-defense. Knowing how to protect yourself and loved ones in danger is an important life skill. GrandMaster Yu emphasizes avoidance – recognizing trouble before it begins – moving out of the path of harm. Your training will give you options of what to do and when to do it.

Apart from the physical benefits inherent in any exercise program is the strong mental element that is unique to martial arts. Your consistent training improves the mind's focus: emotions are brought into balance and controlled, replaced by peace of mind and poise of body. In our hectic world, these benefits translate into effective stress management. The brain is challenged by learning new skills and thought patterns: an integral component of effective mind/muscle memory. You are refreshed and energized in every class, and that new energy builds with continued practice.

Visit a Class Today and plan your own Martial Arts Journey with us!