



Introduction to Martial Arts

Youth Volleyball

With Gauthier's Martial Arts Academy

This Youth Program is designed for students in **grades 2-5** and will improve the child's confidence, overall coordination skills, listening skills, self discipline, respect for others and goal setting....all lessons needed for successful living. **Please dress appropriately for active play; sneakers and active wear, no jeans!**

This 4-week programs starts January 15th and will be held on Fridays from 2:30-3:40 PM at Thorpe School

Daily Schedule

Line Up – 2 min

- ◆ Salutes & Salutations
- ◆ Spread Apart

Meditation – 3 min

- ◆ Horse Stance
- ◆ Breathe in through nose, out through the mouth
- ◆ Good posture

Warm Up & Conditioning - 15 min

- ◆ Legs, Back, Arms, Shoulders stretches & exercises (Various)

Basics – 10 min

- ◆ Stances – Neutral Bow, Horse (meditating, training), Forward Bow
- ◆ Blocks – Inward Hammering, Inward Thrusting, Upward, Downward
- ◆ Strikes – Outward Hand Sword, Inward Hand Sword, Back Knuckle
- ◆ Kicks – Front Snapping Ball, Side, Back Punches – Horizontal, Vertical (snapping & thrusting)

Self Defense Techniques – 25 min (Work in pairs)

- ◆ Week 1&2 – “Delayed Sword”
- ◆ Week 3&4 – “Alternating Maces”

Game – 10 min (Dodgeball, etc)

Cool Down



Sign-up now for a new session of youth volleyball beginning on January 12th!

This program will be held at the Holten– Richmond Middle School from 6:00-7:30 PM on Tuesday nights. These great weekly clinics and pick-up games will be run by Chip Emery. Chip Emery has played and coached volleyball for over 32 years at Concord Academy and many YMCAs. Chip has also attended many accredited Coaching Clinics and is currently working the Developmental Program for North Shore Juniors Volleyball Association. The Danvers Recreation Youth Volleyball program is open to students in grades 4-9 and only costs \$69!



Introduction to Martial Arts Program #165302-25 & Youth Volleyball Program #110202-03
DANVERS RECREATION Town Hall 64 Cabot Rd. St. Danvers MA 01923 Phone: 978-777-0001x3094
REGISTRATION FORM: (PLEASE PRINT CLEARLY)

Name _____ Grade _____
Address _____ Phone _____
Emergency Contact: _____ Emergency# _____

I hold harmless the Town of Danvers, its employees, volunteers, or its agents from any and all injuries that might be sustained by participation in any of the programs. In the event of an injury, I grant permission to provide/acquire medical care or assistance. In addition, I hereby give permission for any photographs taken to be used for publicity purposes.

Signature _____ Date _____
PROGRAM: _____ Price _____
Email Address: _____
PAYMENT TYPE: Check# _____ Visa/MC# _____ Exp. _____

Register online at www.danversrec.com!