

Mukilteo Beacon



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Kickin' it at the Mukilteo YMCA

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FOR THE BEACON

The Mukilteo YMCA's hard working Lil' Dragons Karate Kids just finished their first session and were awarded medals and ribbons at parent demo and award night at the Mukilteo Family YMCA.

The room was crowded and the kids' kiais (karate yells) were loud. It's amazing to watch these kids go from not knowing how to make a fist in June, to being able to show the many techniques their instructor, Sensei Bernadette, teaches them.

The Lil' Dragons program is for 4- to 6-year-old kids and teaches the same techniques as the older Youth Karate program, but with more one-on-one instruction with lots of help from the senior Youth Karate students as well as Sensei Bernadette. The classes are limited to 12 students.

As soon as Sensei Bernadette called them to attention the room exploded into action. After a respectful bow, all the students started with punches,

blocks and kicks. The room vibrated with the sound and energy of their kiais.

Two of the main focuses of the Lil' Dragons and Youth Karate Programs are safety and self-defense. Sensei Bernadette always talks to the students about the importance of safety and reminds the parents to always talk to their children about safety.

The students demonstrated how to get away from grabs such as a single hand grab, double hand grab, front choke and rear choke. The Lil' Dragons program is taught with a lot of fun exercises that help younger kids learn.

About the YMCA Karate Programs

The Lil' Dragons YMCA Karate classes include all aspects of traditional Shorin-Ryu karate, taught by Sensei Bernadette, a 2nd Degree Black Belt. The Mukilteo Family YMCA has Karate classes for all ages, with separate classes for Lil' Dragons, Youth Karate 7-13 and Adult Karate for 14 and older.

All fitness levels welcome! No experience needed



& and beginners are especially needed and encouraged. Adult classes are included at no additional charge with the YMCA membership!

The next session for new students is starting in September and registration is going on now. Stop by the Mukilteo Family YMCA now and get registered. Classes are limited.