### The Body follows the Mind.

### Taekwondo

Taekwondo, the art (do) of foot (tae) and fist (kwon) fighting, is a Korean martial art and an Olympic discipline. The belt tests include breaking tests as well as forms and demonstrated self defence techniques.

Children: Wed. 16:30-18:00 Uhr Youth/Adult: Wed. 18:00-19:30 Uhr Free Exercise: Sat. 14:00-16:00 Uhr Free Exercise: Sun. 12:00-14:00 Uhr Gym at the Hedwig-Schule St.-Hedwig-Straße 24 · 59557 Lippstadt

Youth/Adult: Fri. 18:00-19:30 Uhr Jahnsporthalle Udener Straße 2 · 59555 Lippstadt

#### Info: taekwondo@jsv-lippstadt.de

# Spielerisch Mutig (Playful Courageous)

Our offer addresses children around the age 5 - 7 years old. The classes are flexible and focus on a playful approach to martial arts. The focus is on diverse activities, nurturing the coordination and motor skills of the children. In our group we teach:

- an early understanding of appreciation and respect
- manners, fair play and courage
- ability and fun to exercise
- secure movements
- self-assertion in the group

Children 5-7: Fri. 15:15-16:15 Uhr Gym at the Hedwig-Schule St.-Hedwig-Straße 24 · 59557 Lippstadt

#### Info: info.spielerisch.mutig@jsv-lippstadt.de



- 1 Contribution for 7 Martial Arts Styles
- Adults: 10.00€ monthly; Children/Youth: 7.50€ monthly
- Pay quarterly, 10% discount if you pay annually
- Single admission fee: 10.00€
- Start training with us anytime (comfortable clothes are enough)
- Trial exercises for free

#### Come along – we'll gladly welcome you!



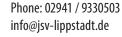
- Playstore: JSV Lippstadt News App
- https://www.facebook.com/JSVLippstadt/
- https://twitter.com/presse\_jsv
- https://youtube.com/channel/UCKnJKk3\_DERHdzSZ7bHNm7g
  - https://www.instagram.com/jsv\_lippstadt/

# No classes during the school holidays!



**Manager Henning Irle** Weißdornallee 40

59557 Lippstadt



Supported by:





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# Judo-Sportverein Lippstadt e.V.



www.jsv-lippstadt.de

# Aikido

The martial art Aikido is defensive in nature. Neutralize the energies of an attack and redirect them, not abrupt but fluently and with round movements with or without weapons. Strength from the inner centre, defensive and saving resources. Ending violence without violence, that's the goal. Though defending against an attacker who won't stop is part of Aikido's spectrum as well.

Youth/Adult: Mon. 19:30-21:00 Uhr *Gym at the Hedwig-Schule* St.-Hedwig-Straße 24 · 59557 Lippstadt

Youth/Adult: Thu. 20:00-21:45 Uhr *Double gym of the school sport centre* Torfweg 53 · 33397 Rietberg At TuS Viktoria Rietberg 1910 e.V.

Info: aikido@jsv-lippstadt.de

# Tai-Chi

Fundamental goals of exercising Tai-Chi are staying healthy and meditating. Therefore the martial arts aspect plays a minor role, which can be spotted in certain movements nonetheless. You can learn Tai-Chi at every age and there's only few sports with as many elderly actively exercising.

Youth/Adult: Thu. 18:00-20:00 Uhr Old gym of the Evangelisches Gymnasium Beckumer Straße 61 · 59555 Lippstadt

Info: 02941 658381 taichi@jsv-lippstadt.de



### Ju-Jutsu

Ju-Jutsu is modern self defence from experience for the practical use. Next to fundamental moves like move patterns, falling techniques, guards, kicks, punches and strikes there are also throws and joint locks in Ju-Jutsu.

Children: Tue. 17:00-18:15 Uhr Youth: Tue. 18:15-19:30 Uhr Children: Fri. 16:30-18:00 Uhr Youth: Fri. 18:00-19:30 Uhr Adult: Tue. + Fri. 19:30-21:30 Uhr Gym at the Hedwig-Schule St.-Hedwig-Straße 24 · 59557 Lippstadt

Info: jujutsu@jsv-lippstadt.de



### Capoeira

Capoeira is a Brazilian martial art rooted in Africa. Main aspects next to the competition in Roda are the history of Capoeira and the music.

#### Mon.: Youth/Adult

1st Apr. to 30th Sep.: 18:00-20:00 Uhr; Children: 17:00-18:00 Uhr 1st Oct. to 31st Mar.: 17:15-18:30 Uhr: Children: 16:00-17:15 Uhr

Fri: Children/Youth/Adult 1st Mar. to 31st Oct.: 16:30-18:30 Uhr 1st Nov. to 28th Feb.: 16:00-18:00 Uhr Gym at the Schule im Grünen Winkel Iohannes-Westermann-Platz 8 59555 Lippstadt

Info: 0160 5098744 capoeira@jsv-lippstadt.de



# **Kickboxing**

Kickboxing originated from the combination of different East Asian martial arts with the western boxing. It's an athletic fair one-on-one fight with strict rules in which feet (kicks) and fists (boxing) are used to compete.

Youth/Adult: Wed. 19:00-21:00 Uhr Prepare for competition: Sat. 17:00-18:30 Uhr Youth/Adult: Sun. 12:00-14:00 Uhr *Gym at the Hedwig-Schule* St.-Hedwig-Straße 24 · 59557 Lippstadt

Info: kickboxen@isv-lippstadt.de



### Judo

"The gentle way"; the traditional Japanese martial art found its way in our modern time. This Olympic sport trains the entire body, while the values develop mind and personality.

*Children/Youth: Mon.* + *Thu.* 17:30-19:30 *Uhr* Youth/Adult: Mon. + Thu. 19:30-21:00 Uhr Free Exercise: Sun. 10:00-12:00 Uhr *Gym at the Hedwig-Schule* St.-Hedwig-Straße 24 · 59557 Lippstadt

Info: judo@jsv-lippstadt.de

