

NOTE TO OBSERVERS: SPECTATORS ARE NOT ALLOWED ON THE PRACTICE AREA DURING CLASS. If you must speak to an instructor or student, please get their attention first and someone will come to you, but for your own safety as well as the students, do not walk onto the practice area during class.

NOTE TO STUDENTS: Promotions are based on a percentage of classes attended and knowledge accumulated during a specified length of time. Therefore depending upon the individual student and their class participation, time periods between promotions may vary from student to student. Students must be evaluated by a Black Belt in order to schedule a promotion.

BELT PROMOTION FEES: (In addition to Instruction fees) (Yellow and Orange belt promotions \$30, Green, Blue and Purple belt promotions \$45, all Brown Belt promotions \$60, and Black Belt is \$75.))

OUR (10 BELT) RANKING SYSTEM

1. **WHITE BELT** - NOVICE/BEGINNER
2. **YELLOW BELT** - (APPROX 3 MONTHS)
3. **ORANGE BELT** -
4. **GREEN BELT** - (INTERMEDIATE, 12-18 MONTHS)
5. **BLUE BELT**
6. **PURPLE BELT**
7. **BROWN BELT** - (ADVANCED, 3 YEARS)
8. **BROWN BELT** / 1ST STRIPE
9. **BROWN BELT** / 2ND STRIPE
10. **BLACK BELT**, 1ST DEGREE, 3-5 YEARS



Karate, Tae Kwon Do, Judo, Self Defense
Master Brad Seward
5th degree Black Belt Instructor

www.coszacks.com
bradseward@roadrunner.com
740-819-4852

Black Belt Instructors: Sensei Bob Hall, Sensei Doug Ross, Sensei Greg Williams, Sensei Dakota Burtnett, Sensei Luke Kozlowski, Sensei Foulan Sheppard

ABOUT THE CLUB:: (Recognized by the US Alliance, USA Hall of Fame, Koroshi School of Defense and the Kukkiwon)

Coszacks Elite Defense System is an eclectic style that focuses primarily on self defense. The style is based on the founding principals of Grand Master Jeffery L. Moore and Master Tomas E. Benich. Coszacks is composed of techniques, principals and forms from Shorin Ryu Karate, Jidokwan Tae Kwon Do, Combat Judo and oriental weapons. Coszacks Elite also incorporates techniques from Kachido Aiki Jitsu and Brazilian Jiu Jitsu to compose the most well rounded style in the Muskingum County Area. The instructors believe in training with passion and precision. Students of Coszacks Elite are constantly pushed to try to become the best and most “elite” martial artist they can become. Beyond the dojo (school), the instructors believe in helping students become the best “people” they can become as well. Along with martial arts techniques, emphasis is put on general traits such as:

HEALTH (Physical Development)

CHARACTER (Mental Discipline)

SKILL (Proficiency in contest or every day life)

RESPECT (Courtesy to others)

HUMILITY (To be Humble & not a Show off)

REMEMBER!!!!!! Modern day Martial Arts are not only practiced for self-defense, but are also practiced as sport, physical and mental conditioners, used to build character. We strive to help students develop their own personal Self-Control, Confidence, & peace of mind.

ABOUT THE MASTER INSTRUCTOR

Master Brad M. Seward is a 5th Degree Black Belt Instructor. He was able to earn his first degree black belt in only 19 months.. Master Seward has been teaching in both the school setting and has been teaching private lessons in his home dojo. He, along with Sensei Bob Hall, developed the AWARE (A Woman's Active Response Education, www.awareforwomen.com) program, exclusively for women. He has competed in many tournaments at both the Black Belt Level and under Black Belt level. Seward has won many grand champion and season champion awards in kata, weapons kata, kumite and padded weapons. He has been a promoter in the UPMAC tournament circuit as well as a coach for Team Ohio Martial Artists. He has a strong passion for learning, practicing and teaching martial arts. His passion for the style, the art and the advancement of his students is evident in his teaching. Master Seward believes in constantly learning and evolving a style to keep up with the modern day. After partnering with Master Chuck Chirdon and earning his 5th Degree Black Belt with Koroshi School of Defense, Master Seward founded the Coszacks Elite Defense System. In 2014 Master Seward was inducted into the USA Martial Arts Hall of Fame as the Self Defense Instructor of the Year.

ABOUT THE CLASSES:: For men women & children ages 6 & up. (Children 4 & 5 – ask about our “Karate Shadow” Program)

LOCATION:: Tri Valley Fitness Center, 35 Muskingum Avenue Dresden

DAY & TIME:: Tuesdays = 6:00-7:00 all ages

Thursdays 6:00– 7:30 all ages

Arrive a few minutes early so that we can start class promptly at scheduled time. (Always check calendar on website or call for updates).

CLOTHING:: Beginners can wear “PLAIN” (No imprints), sweat pants and T-shirt (Solid colors only - Black & White or Grey). T-shirts with club name & logo on them are available for \$10.00. Students will be required to purchase a uniform & protective equipment before their first promotion. They can order this from the club at discount price when the time comes.

FEES FOR INSTRUCTION

REGISTRATION FEE:: All new students are required to pay a \$40.00 one time registration fee. Family of 3 or more \$120.00.

PER SESSION:: Only \$7 per Class (Fitness Center Members only pay \$6 per class)

PAY IN ADVANCE:: \$60.00 for 10 classes (one free class) (\$55 for fitness center members)

NOTE: Students are only charged for classes they attend.

**Pre-paid classes for Monday night do not carry over to Tuesday or Thursday classes and visa-versa.

PRIVATE LESSONS:: Available at **\$25** for 30 minutes; **\$45** for one hour. **\$10.00** each 15 minutes after first hour. (Must be scheduled with a black belt instructor and cleared by the Master Instructor. Group Discounts Available) NOTE: This does not include gym rental. Gym Rental Fee may be applicable.