

Register Today



Registration Information

- Total 10 sessions per term
- Pre-registration required
- Course fee \$80 per term



Time: Wednesday, 10-11am
For more info: Call **Ian Yeung** or **Viet Vu** at **604-232-2404**, or email rich@rcdrichmond.org or viet@rcdrichmond.org
Location: RCD Activity Room

Richmond Centre for Disability
100-5671 No.3 Road
Richmond, BC V6X2C7
Tel: 604-232-2404
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Richmond Centre for Disability



Martial Arts & Self-Defense Class

In partnership with Sirota's Alchymy Martial Arts Centre

Participants can improve motor skills, dexterity and coordination, as well as self-confidence and self-esteem. A combined class for people with cognitive, developmental, and mobility disabilities, is currently offered.

RCD Martial Arts & Self-Defense Class

- * Improved motor skills, dexterity and coordination
- * Improved focus, attention-span, and concentration
- * An enhancement of social skills
- * Greater listening skills
- * Increase in self-confidence & self-esteem
- * Physical and emotional self-control
- * Positive channel to release abundance of energy
- * Becoming respectful and self-disciplined



About RCD

"Promoting a new perspective on disability."

Mission

To empower people with disabilities to participate in the community to the level of their desires and abilities by providing information, resources, support and by increasing community awareness and accessibility.

Company Overview

The Richmond Centre for Disability (RCD) is not-for-profit, disability-led and community-based, providing service to entire communities on disability issues.



About Sirota's Alchemy-Martial Arts Centre

Master Michael Sirota and Sirota's ALchemy is affiliated and certified by several martial arts organizations promoting programs for people with special needs and disabilities including the International Martial Arts Federation for the Deaf, the International Disabled Self-Defense Association and the World Taekwondo Federation for the Disabled.