



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# THE ULTIMATE IN SELF DEFENSE

## KENPO KARATE FOR ALL AGES SENSEI TERESA COOMBS

- Group classes for those ages 6+
- Private lessons for those wishing to progress to Black Belt more quickly

**WHEN:** Group classes held twice weekly on Tuesday and Thursday evenings

**WHO:** Open to all, ages 6+

**TIMES:** Tuesdays and Thursdays  
5-6 p.m. - Ages 6-12  
6-7 p.m. - Ages 13+

**LOCATION:** Forest City Y

**COST:** Group classes are \$50/month for Y members and \$70/month for guests of the Y. Private lessons are \$60/month for one 1/2 hour lesson per week for Y members and \$80/month for one 1/2 hour lesson per week for guests of the Y.

### Specifics

- Contact Teresa Coombs (see reverse side of flyer) for information about the program or to enroll. An introductory lesson will be scheduled with Sensei Teresa.
- Monthly invoices will be presented during the last class of the month.
- Tuition is due on the 1st of each month. ALL payments should be made at the Y's front desk.
- Testing for rank advancement and merchandise are additional costs. If applicable, they will be added to the monthly invoice.

Forest City Y  
916 West I Street  
Forest City, Iowa 50436  
641-585-5220  
[www.forestcityymca.org](http://www.forestcityymca.org)  
[info@forestcityymca.org](mailto:info@forestcityymca.org)

## ABOUT KENPO

Kenpo is a name for multiple martial arts that developed in Hawaii due to cross-cultural exchange between practitioners of Ryukyuan martial arts, Chinese martial arts, Japanese martial arts and multiple additional influences. In the United States, Kenpo is often referred to as Kenpo Karate. The most widespread styles have their origin in the teachings of James Mitose and William Chow. This lineage also includes Kajukenbo, an art that does not use the Kenpo name itself, but which possesses recognized offshoots that do. These arts have spread around the world through multiple lineages, not all of which agree on a common historical narrative. Notable styles such as Kajukenbo and American Kenpo, developed by Ed Parker, employ linear and circular movements with "rapid fire" combinations of blows to vital areas of the body.

"I received my Black Belt in August 1994 from Grand Master Charles Mattera, who received his 10th Dan from the Shaolin Monks in China. I earned my 2nd degree Black Belt in 2013 from Reynaldo Almanon (4th Degree Black Belt and Diane Almanon (3rd Degree Black Belt)"  
- Sensei Teresa Coombs

## CONTACT INFO

**EMAIL:**

**[TCOOMBS@FORESTCITYYMCA.ORG](mailto:TCOOMBS@FORESTCITYYMCA.ORG)**

**PHONE:**

**641-251-4721 (DIRECT)**

**641-585-5220 (FOREST CITY Y)**

**BLOG:**

**[www.jishinkempo.blogspot.com](http://www.jishinkempo.blogspot.com)**

## ABOUT SENSEI TERESA COOMBS NIDAN (2ND DEGREE BLACK BELT)



Sensei Teresa has studied Shaolin Kenpo for 25 years. She has been teaching since 1999 from California to Utah to Singapore and now Iowa. She has taught hundreds of students of all ages and has conducted karate camps for kids, Self Defense clinics for women, and teaches kids and adult classes (including Waldorf College P.E. Course). She also teaches private lessons for those who are more serious about progressing to Black Belt. Sensei Teresa has built her private business from scratch in 3 different areas and continues to learn from the many people and experiences she is able to enjoy. She is excited to bring her expertise and passion for Karate to the Forest City YMCA.