

### **ABOUT THE CLUB: (Member of the Ko Sutemi Karate Do Union)**

The Coszacks School of Self-Defense Teaches a combination of Karate, Kung-Fu, Judo & Traditional Martial Arts Weapons. Our style of Self-Defense is truly original & new in the world of Martial Arts. The Coszacks Style was founded by Grand Master Jeffery L. Moore in Cincinnati in late 1960's, & shortly after this was brought to the Zanesville area. Master Moore is a Fifth Degree Black Belt who was selected as the "National Karate Instructor of the Year" in 1980. He has taught Self-Defense to the Cincinnati Police Department, Ohio University Students, & thousands of local students over his years of Martial Arts experience.

The Coszacks School of Self-Defense (AKA Coszacks Karate Club) have been teaching in the Zanesville area since 1970 and have organized many Karate Demonstrations consisting of board & brick breaking, defense against multiple attacks, & slicing a cucumber off an individual stomach with a sword for such organizations as Boy Scouts of America, Bethesda Fitness Center, Good Samaritan Hospital, Crooksville Pottery Festival, Cambridge Arts & Crafts Festival, Colony Square Mall, Many Schools & Churches to name a few. We are recognized by the A.K.K.A. (American Karate & Kenpo Association) & by the A.K.L. (American Karate League).

We strive to teach each student certain skills that will enable him or her to defend themselves honorably. We try to promote the true spirit of Karate by developing;

**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 Karate is not only a self-defense art, but is practiced as a sport, a physical and mental conditioner, & a builder of character. We strive to help students develop their own personal Self-Control, Confidence, & peace of mind.

### **ABOUT THE INSTRUCTOR:**

**C. JEFFREY HARDWICK** is a 6th Degree Master Black Belt & Head Instructor of the Coszacks School of Self-Defense. He has studied Martial Arts under Grand Master Jeffery L. Moore since 1971 with teaching experience since 1976 at the age of 15. On a competitive level he has been awarded trophies & medals for accomplishments in Karate Tournaments in both Black Belt & under Black Belt competitions & has placed in over 90% of the Black Belt competitions he has entered. He has competed on both State & Regional levels with a first place award in a regional tournament which earned him honorable mention in "KARATE ILLUSTRATED" magazine.

Master Hardwick has taught classes at Scandia & Nautilus Health Clubs, Zanesville Armory, The Field House, American Legion & Muskingum Family "Y" (YMCA/YWCA). He has personally trained over thousands of students, many who have won state & regional tournaments. He also has several Black Belt Assistant Instructors to aid in individual training of students. Master Hardwick would like to extend a warm welcome to all perspective students & hope that they will be able to find enjoyment & self-fulfillment in training with Him.

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

**LOCATION:** SEO CHEER & TUMBLE CENTER, 2575 Olde Falls Rd., Zanesville, Ohio. Phone: 683-KICK. (Thursday Class at "The Barracks" Recreation Building in Duncan Falls, Just behind Cornerstone Church.)

**DAY & TIME:** Mondays 7:15 - 8:45 pm. Arrive a few minutes early so that we can start class promptly at scheduled time. Please do not arrive too early due to parking arrangements for prior class. (Some Seasonal Classes on Wednesdays & Saturdays TBA, usually in the Fall & Winter). Programs available as well as schedule permits. (Thursday 6-7:30pm in Duncan Falls).

**CLOTHING:** Beginners can wear "PLAIN" (No imprints), sweat pants and T-shirt (Solid colors only - Black & White). T-shirts with club name & logo on them are available for \$10.00. Tank Tops can be worn for sparring but are not permitted for class. 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 time comes.

## **FEES FOR INSTRUCTION**

**REGISTRATION FEE:** All new students are required to pay a **\$40.00** registration fee for one. Family of 3 or more \$90.00. This is a one-time fee as long as the student stays active. If they would become inactive for one year they would have to re-register.

**PER SESSION: \$6.00** for one session.

**PAY IN ADVANCE: \$50.00** for 10 classes (Savings of \$10.00). NOTE: When students pay in advance they receive credits & credits are deducted when you come to class. You do not pay for classes not attended.

**PRIVATE LESSONS:** Available at **\$20.00** for 30 minutes; **\$35** for one hour. **\$5.00** each 15 minutes after first hour. (Must be scheduled with instructor / Group Discounts Available). NOTE: This does not include gym rental. Gym rental may be applicable.

**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 & 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 & KNOWLEDGE ACCUMULATED DURING A SPECIFIED LENGTH OF TIME. THEREFORE DEPENDING UPON THE INDIVIDUAL STUDENT & THEIR CLASS PARTICIPATION, TIME PERIODS BETWEEN PROMOTIONS MAY VARY FROM STUDENT TO STUDENT.

**BELT PROMOTION FEES:** (In addition to Instruction fees)

(All Belt Promotions are \$25.00 with the exception of Black Belt which is \$50.00)

### OUR (10 BELT) RANKING SYSTEM

1. **WHITE BELT** – Novice/Beginner
2. **YELLOW BELT** – (Approx 3 months)
3. **ORANGE BELT**
4. **GREEN BELT** – (Intermediate-12-18months)
5. **BLUE BELT**
6. **PURPLE BELT**
7. **BROWN BELT** – (Advanced – 3 yrs)
8. **BROWN BELT / 1<sup>st</sup> Stripe**
9. **BROWN BELT / 2<sup>nd</sup> Stripe**
10. **BLACK BELT, 1st Degree** – (3-5 yrs)

# COSZACKS

## School of Self-Defense

### Zanesville Ohio



**Karate / MMA / Judo**

**Jeff Hardwick**

**6<sup>th</sup> Degree Master Instructor**

**[www.CoszacksKarate.com](http://www.CoszacksKarate.com)**

**[masterhardwick@columbus.rr.com](mailto:masterhardwick@columbus.rr.com)**

**740-683-KICK**

**ASSISTANT BLACK BELT INSTRUCTORS:**

**Greg Potts, Butch Morgan, Bob Hall, Larry Allen, Brad Seward, Steven & Jordan Smith, Lisa Potts, Doug Ross**