

AMERICA'S YOUTH OUTREACH PROGRAM

Hand Book for Uechi-Ryu Karate-Do



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Welcome to the America's Youth Outreach Program (AYOP)

This book is to help answer some questions and to inform you what we are teaching your child/children

America's Youth Outreach Program is an organization dedicated to providing a low-cost after school athletic enrichment program for children 5-15 years of age. Since 1986, we have been involved in making these specialty programs available through many City and County Parks, several School Districts and Boys & girls Clubs, YMCAs', YWCAs', .

America's Youth Outreach Program is designed to promote a higher level of Honor, Discipline, Respect, Self-Confidence, improve Self-Esteem, Discipline, Concentration and Coordination. Many times improving their social interactions and academic performance! Students are placed into classes according to age and ability. Youth Outreach Program is for Boys & Girls Ages 5 and Up!!!

This Is A Year-round Program. ONLY Self-Defense is promoted!

A.Y.O.P. Goals

Our main goal is to provide the Youth of America the best opportunity to be able to attend these programs that normally would not be affordable to their families!

A.Y.O.P. Focus

Our quality programs focus, by providing Teachers that are positive role models for the kids, building a higher level of Honor, Discipline, Respect, Physical Fitness, Concentration, Coordination, Self-Confidence, Self-Esteem, and a Competitive Spirit in the children of our future!

What We Are Teaching

Uechi-Ryu Karate is an Okinawan Martial Art which stresses punches, kicks and blocks for self defense. It's heavy use of upright stances and circular blocks gives it a unique appearance. It was named Uechi-Ryu in honor of Kanbun Uechi, an Okinawan responsible for popularizing and spreading the knowledge of the art. "Ryu" simply means "the style of". It is also known as Pangai-Noon Kung Fu (meaning "Half Hard/Half Soft") and Shohei-Ryu Karate (meaning "shine brightly with fairness, equality, and peace.")

The Karate Instructors

Head Instructor

Sensei Bill, (William J. Corriveau), holds the rank of Yondan (4th degree Black Belt) in Uechi-Ryu Karate and has been teaching for children for the past 9 years. He is the senior-most instructor in America's Youth and has created one of the very few Uechi-Ryu Junior Black Belt programs in the United States. He is also of the chief instructor of the Garden Grove Okikukai Dojo and an Organizer for the Southern O.C. Open Style Martial Arts Meetup.com group.

Assistant Instructor

Sempei Jeffrey (Jeffrey Sadangsal), holds the rank of 3rd Degree Junior Black Belt in Uechi-Ryu karate. Jeffrey began his training in America's Youth program at the age of 6 and has become a world class competitor! Jeffrey was the Number One ranked competitor for the year in the 2010 P.A.T.M.A International Karate Tournament Circuit.