

## Martial Arts Instruction

Martial Arts can be a great way for kids to develop self-confidence. See full list of providers at: <http://www.sfkids.org/Listings.aspx?subcat=76&fldr=178>

*Click on the name to get more information from sfkids.org or go directly to the website by clicking on the link.*

### **Aikido of Noe Valley**

1622 Castro Street at 26th Street (415) 710-4415, <http://www.aikidonoevalley.com>

AIKIDO is a nonviolent Japanese martial art that can be practiced by people of nearly all ages who want to learn an effective means of self-defense while coordinating mind, body and spirit.

### **Bakar Fitness and Recreation Center (UCSF Mission Bay)**

1675 Owens Street (415) 514-4545, <http://mbfitness.ucsf.edu>

The Bakar Fitness and Recreation Center is an exciting place in the ever-growing Mission Bay neighborhood.

### **Buchanan YMCA**

1530 Buchanan Street (415) 931-9622, <http://www.ymcasf.org/buchanan>

A well-equipped facility that has a lot to offer the whole family.

### **Doc-Fai Wong Martial Arts Centers**

925 Taraval Street (415) 665-2488, <http://www.plumblossom.net>

Grandmaster Doc-Fai Wong founded the Plum Blossom International Federation, which has over 130 martial arts schools worldwide.

### **Embarcadero YMCA**

169 Steuart Street (415) 957-9622, <http://ymcasf.org/embarcadero/>

The Embarcadero YMCA is conveniently located near the Financial District, SOMA, South Beach, and a quick BART ride from many neighborhoods.

### **Hapkido USA**

603 Taraval Street (415) 564-5552, <http://www.hapkidousa.com/>

Hapkido is a Korean martial art that combines tae kwon do (taekwondo), karate, judo, jujitsu and aikido.

### **Heroix 4 Kids**

2001 Van Ness Avenue (415) 992-7453, <http://www.heroix4kids.com/>

Bring out the superhero in your child by enrolling him or her in this program that incorporates elements of fitness training, dance, martial arts, gymnastics, arts and crafts.

### **Japanese Cultural and Community Center**

1840 Sutter Street (415) 567-5505, <http://www.jcccnc.org/programs/martialarts.htm>

Fostering skills and confidence and providing an outlet for young people's self-expression is a key mission of the Japanese Cultural and Community Center (JCCCNC).

*Parents let us know if you have any recommendations to add to our list. Please send them to [morganbenz@gmail.com](mailto:morganbenz@gmail.com)*

**Jewish Community Center of San Francisco (JCCSF)**

3200 California Street (415) 292-1200, <http://www.jccsf.org>

The Jewish Community Center of San Francisco (JCCSF) is a community center known for its programs for children, families, and seniors.

**Jing Mo Athletic Association**

Fort Mason Center (415) 661-8346, <http://www.jingmo.com/>

The Jing Mo Athletic Association is a martial arts school that has been around since the '60s. They teach a combination of different martial arts, lion dancing, and drumming.

**Karate One Kids (K-One Fitness)**

2001 Van Ness Avenue (415) 474-3322, <http://www.k-onefitness.com/sf-gym/>

K-One Fitness is a large workout and weight training facility in the Pacific Heights area. Participation in the Karate One Kids youth program gives children a sense of accomplishment.

**Mission Cultural Center for Latino Arts**

2868 Mission Street (415) 821-1155,  
[http://www.missionculturalcenter.org/MCCLA\\_New/youth.html](http://www.missionculturalcenter.org/MCCLA_New/youth.html)

The Mission Cultural Center for Latino Arts (MCCLA) is a beloved institution in the heart of the Mission District. The center also has a beautiful gallery.

**Mission YMCA**

4080 Mission Street (415) 586-6900, <http://www.ymcasf.org/mission/>

The Mission YMCA is a safe and enriching place for youth to participate in different kinds of activities during afterschool hours, weekends, and school breaks.

**Navarrete's Black Belt Academy**

1201 Church Street (415) 285-5425, <http://www.atacf.com/www/>

At Navarrete's Black Belt Academy, taekwondo (tae kwon do) classes are not just about self-defense. Kids learn about discipline, respect, leadership, self-confidence.

**ONE Martial Arts**

850 Taraval Street (415) 731-9988, <http://www.onemartialarts.com/>

This well-respected martial arts school teaches focus and concentration through its youth programs. The school emphasizes self-esteem, self-discipline, and self-respect

**Paresh Martial Arts (formerly Kick Start)**

447 Irving Street (415) 665-5511, <http://sfmartialarts.com/>

Tang Soo Do is a traditional Korean Karate. Simply translated, it means “the Chinese Hand Way.” Tang Soo Do training develops awareness, confidence, respect and integrity,

**Project Commotion**

2095 Harrison Street (415) 252-8059, <http://www.projectcommotion.org/programs-for-children.html>

Project Commotion is a community space where children, families and educators are invited to learn and grow together through movement, sensory experiences, and play.

**Richmond District YMCA**

360 18th Avenue (415) 666-9605, <http://www.ymcasf.org/Richmond/>

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The Richmond District YMCA serves the Richmond and surrounding neighborhoods. Classes: They offer dance classes, such as ballet, tap, jazz, creative movement, musical theater

**San Francisco Aikikai**

1625 Bush Street #4 (415) 775-3593, <http://www.sfaikikai.net>

San Francisco Aikikai is a member of the United States Aikido Federation and offers exercise classes in the martial art of aikido.

**San Francisco Recreation and Park Department** (multiple locations)

501 Stanyan Street (415) 831-6800, <http://sfreconline.org>

The San Francisco Recreation and Park Department (SF Recreation and Park) offers a gamut of activities for the entire family

**San Francisco Zanshin Centers**

640 Stanyan Street (415) 668-5425, <http://www.sfgoju.com/home.html>

Looking for a one-stop shop for fitness and martial arts classes? The San Francisco Zanshin Center offers martial arts, kickboxing, yoga, and Core fitness classes for all ages.

**Stonestown Family YMCA**

333 Eucalyptus Drive (415) 242-7100, <http://www.ymcasf.org/Stonestown/>

The Stonestown YMCA serves the surrounding neighborhoods of the Sunset, west of Twin Peaks, Ocean-Merced-Ingleside Terraces, Merced Manor, Daly City, and Pacifica.

**United Studios of Self Defense**

2424 Lombard Street (415) 771-5186, <http://ussdsf.com/>

United Studios of Self Defense is a national organization with martial arts studios in many states. Their group and private martial arts programs are open to beginners through **...more»**

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