

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

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

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.ataf.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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