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Press Release

Central Catholic High School Students Get a Kick Out Of a New Karate Club

EDITORS: High resolution images are available for download at: <http://www.sentrepity.com/news.html>

Lawrence, MA May 16, 2009: Central Catholic High School (CCHS) has recently expanded its extracurricular activities by adding a new Karate Club to help students and teachers get fit, learn important self-defense techniques, and bring new learning opportunities to their after-school programs. This program is run by Sensei Jarrod Brown, a Central Catholic mathematics teacher and football/track and field coach, who developed and implemented a new martial arts/self defense course based on his black belt experience at the Giordano Family Methuen Karate Association (GFMKA).

This course is free to all students, faculty, staff, and administrators of CCHS that wish to participate. Central Catholic's mission is to extend its hand to everyone without asking for anything in return, and Sensei Jarrod Brown hopes to offer these classes to the surrounding cities and towns in the near future. The club currently has approximately 30 members participating in weekly classes that are offered on Tuesday and Wednesday nights from 5:30-6:30pm.

"CCHS has a reputation for going the extra mile. Students, faculty, staff, and administration have given everything they have to become better people and to ensure that they have made a positive impact on those around them," states Jarrod Brown, Instructor for the CCHS Karate Club. "Martial arts has been a big part of my life and success and I feel that it is important to give students at CCHS and in the surrounding areas the opportunity to improve themselves not only physically, but also to give them the tools that young people need to become successful adults. I'm looking forward to sharing my knowledge and passion of Karate to the community at CCHS."

Teaching Self-Defense, Kyokushin Karate and Brazilian Jiu Jitsu

Students can expect to learn basic self-defense techniques, traditional Kyokushin Karate, and Brazilian Jiu Jitsu. The CCHS Karate Club has close ties to the Methuen Brazilian Jiu Jitsu Club (also a part of the GFMKA, which will guide CCHS students through an intensive ground fighting/self-defense course anchored by apprentice instructor Sensei John Goddard (3rd degree black belt at GFMKA).

Karate Club Event Highlights

- Tameshiwari classes to learn how to break boards;
- An annual interschool tournament;
- A special beach training class in June, in partnership with the GFMKA.

About Sensei Jarrod Brown

Sensei Jarrod Brown has been involved in Kyokushin Karate for more than 20 years. He began his study of the martial arts in 1986 at the age of 5 with Hanshi Larry F. Giordano and the Methuen Karate Association. Brown earned the title of Shodan, or 1st degree black belt in 1997, and since then has taught many martial arts programs across New England. Brown was promoted to 4th degree black belt in 2008, earning the title of Sensei by Hanshi Larry F. Giordano, a 9th degree black belt and currently the highest ranking black belt in the region. Brown is currently a mathematics teacher and a coach for football and track and field at CCHS.

About the CCHS Karate Club

CCHS offers one of the only matriculated martial arts/self defense programs in the state that is absolutely free for all students and faculty at the school. The club holds weekly classes at CCHS on Tuesday and Wednesday nights from 5:30-6:30pm. Students will be exposed to a range of martial arts teachings including basic self-defense techniques, traditional Kyokushin Karate, and Brazilian Jiu Jitsu. Over the next few years Sensei Jarrod Brown intends to make CCHS Karate Club a varsity sport to give students the opportunity to compete in local and regional tournaments such as the Methuen Classic Karate Tournament which is held every November. For more information about the CCHS Karate Club please visit Sensei Brown's website: www.cchskarate.com or blog: <http://cchskarate.blogspot.com/>.

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Pictures:

1. 12-16 CCHS Karate 2.JPG (Group Photo December 2008)
2. Board Breaking Class.JPG (Group Photo after board breaking class 2009)
3. Karate Student Board Break.JPG (Board Breaking)
4. self_defense_2.JPG (Self Defense 2009)
5. Jiu Jitsu Group Arm Bar.JPG (Jiu Jitsu Class 2009)
6. Jiu Jitsu Class Group Photo.JPG (Group Photo February 2009)
7. Kumite (sparring).JPG (Sparring Class 2009)
8. CCHS Karate Instructors.JPG (Group Photo 2009 Far left-Sensei Jarrod Brown, Blue Uniform-Sensei John Goddard, Far Right-Hanshi Larry Giordano)