



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

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

## 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](http://www.cchskarate.com).

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).