

### **ABOUT THE CLUB: (Member of the Ko Sutemi Karate Do Union)**

The Coszacks School of Self-Defense teaches a combination of Karate, Kung-Fu, Judo & Traditional Martial Arts Weapons. Our style of Self-Defense is truly original & is known as a "Mixed Martial Arts". The Coszacks Style was founded by the late, Grand Master Jeffery L. Moore in Cincinnati in late 1960's, & shortly after this was brought to the Zanesville area. The Coszacks School of Self-Defense (AKA Coszacks Karate Club) have been teaching in the Zanesville area since 1970 and have organized many Karate Demonstrations consisting of board & brick breaking, defense against multiple attacks, & slicing a cucumber off an individual stomach with a sword for such organizations as Boy Scouts of America, Bethesda Fitness Center, Good Samaritan Hospital, Crooksville Pottery Festival, Cambridge Arts & Crafts Festival, Colony Square Mall, Many Schools & Churches to name a few. We are recognized by the A.K.K.A. (American Karate & Kenpo Association) & by the A.K.L. (American Karate League).

We strive to teach each student certain skills that will enable him or her to defend themselves honorably. We try to promote the true spirit of Karate by developing;

**HEALTH (Physical Development)**

**CHARACTER (Mental Discipline)**

**SKILL (Proficiency in contest or every day life)**

**RESPECT (Courtesy to others)**

**HUMILITY (To be Humble & not a Show off)**

**REMEMBER!!!** Modern day Karate is not only a self-defense art, but is practiced as a sport, a physical and mental conditioner, & a builder of character. We strive to help students develop their own personal Self-Control, Confidence, & peace of mind.

### **ABOUT THE GRAND MASTER INSTRUCTOR:**

**C. JEFFREY HARDWICK** is a 9th Degree Grand Master Black Belt & Head Instructor of the Coszacks School of Self-Defense. He has studied Martial Arts under Grand Master Jeffery L. Moore since 1971 with teaching experience since 1976 at the age of 15. On a competitive level he has been awarded trophies & medals for accomplishments in Karate Tournaments in both Black Belt & under Black Belt competitions & has placed in over 90% of the Black Belt competitions he has entered. He has competed on both State & Regional levels with a first place award in a regional tournament which earned him honorable mention in "KARATE ILLUSTRATED" magazine.

### **ABOUT THE RANKING INSTRUCTOR:**

**JAMES RINEHART** is a 1st Degree Master Black Belt and Ranking Instructor at the Club. Sensei James runs the day to day operations of the School & carries on the founding traditions that were instilled by Grand Master Moore & Grand Master Hardwick. He has also competed in many tournaments and has numerous trophies & Awards.

**Grand Master Hardwick** has taught classes at Scandia & Nautilus Health Clubs, Zanesville Armory, The Field House, American Legion & Muskingum Family "Y" (YMCA/YWCA) and also taught college physical education classes, which involved martial arts, for over 25 years at Ohio University of Zanesville. He has personally trained over thousands of students, many who have won state & regional tournaments. He has over 50 Black Belt Assistant Instructors, many who aid in individual training of students. Grand Master Hardwick & Sensei James Rinehart would like to extend a warm welcome to all prospective students & hope that they will be able to find enjoyment & self-fulfillment in training with them.

**ABOUT THE CLASSES:** For men, women & children ages 6 & up. (Children 4 & 5 – ask about our "Karate Shadow" Program)

**MAIN LOCATION: ZANESVILLE COMMUNITY CENTER**, 928 Jackson St., Zanesville 740-452-7401. Grand Master Hardwick; 740-683-KICK or Sensei James Rinehart; 740-270-9737.

**DAY & TIME: Main School /** Tuesdays & Thursdays 6:30 PM - 8:00 PM. Some Saturdays for promotions and seminars (TBA). Arrive a few minutes early so that we can start class promptly at scheduled time. (Always check calendar on website or call for updates & promotion dates).

**CLOTHING:** Beginners can wear "PLAIN" (No imprints), sweat pants and T-shirt (Solid colors only - Black & White). Tank Tops can be worn for sparring but are not permitted for class. Students will be required to purchase a uniform & protective equipment before their first promotion. They can order this from the club at discount price when time comes.

## **FEEES FOR INSTRUCTION**

**REGISTRATION FEE:** All new students are required to pay a **\$20.00** registration fee for one. Family of 3 or more \$40.00. This is a one-time fee as long as the student stays active. If they would become inactive for one year they would have to re-register.

**PER SESSION: \$5.00** for one session.

**PAY IN ADVANCE: \$35.00** for 1 month of classes. NOTE: When students pay in advance there is no refunds if student does not attend classes.

**PRIVATE LESSONS:** Available at **\$25.00** for 30 minutes; **\$50** for one hour. **\$10.00** each 15 minutes after first hour. (Must be scheduled with instructor / Group Discounts Available). NOTE: This does not include gym rental. Gym rental may be applicable.

**NOTE TO OBSERVERS:** SPECTATORS ARE NOT ALLOWED ON THE PRACTICE AREA DURING CLASS. If you must speak to an instructor or student, please get their attention first & someone will come to you, but for your own safety as well as the students do not walk onto the practice area during class.

**NOTE TO STUDENTS:** PROMOTIONS ARE BASED ON A PERCENTAGE OF CLASSES ATTENDED & KNOWLEDGE ACCUMULATED DURING A SPECIFIED LENGTH OF TIME. THEREFORE DEPENDING UPON THE INDIVIDUAL STUDENT & THEIR CLASS PARTICIPATION, TIME PERIODS BETWEEN PROMOTIONS MAY VARY FROM STUDENT TO STUDENT.

**BELT PROMOTION FEES:**

(Belt Promotions are **\$25.00** for Yellow, Orange, Green, Blue & Purple; **\$50.00** for all Brown; **\$100.00** for Black Belt)

**OUR (10 BELT) RANKING SYSTEM**

1. **WHITE BELT** – Novice/Beginner
2. **YELLOW BELT** – (Approx 3 months)
3. **ORANGE BELT**
4. **GREEN BELT** – (Intermediate-12-18months)
5. **BLUE BELT**
6. **PURPLE BELT**
7. **BROWN BELT** – (Advanced – 3 yrs)
8. **BROWN BELT / 1<sup>st</sup> Stripe**
9. **BROWN BELT / 2<sup>nd</sup> Stripe**
10. **BLACK BELT, 1st Degree** – (3-5 yrs)

# COSZACKS

## School of Self-Defense

### Zanesville, Ohio



Club Founder, Grand Master Jeffery L. Moore (1948-2012)

## **Karate / MMA (Mixed Martial Arts)**

**Jeff Hardwick**

**9<sup>th</sup> Degree Grand Master Instructor**

Gmasterhardwick@gmail.com

**740-683-KICK**

**1st Degree Instructor Sensei James Rinehart**

740-270-9737 ; senseijamesr@gmail.com



<https://www.facebook.com/Coszacks-Karate-Club-104188492152593>

[www.CoszacksKarateClub.com](http://www.CoszacksKarateClub.com)

**ASSISTANT BLACK BELT INSTRUCTORS:**

**Jennifer Mann, Nettie Allen,  
Trenton Burrows, Richie Alexander**