

September 15-21, 2011-09-16

Get SUPER fit

MARTIAL ARTS

TONY DEAL Brazilian jujitsu

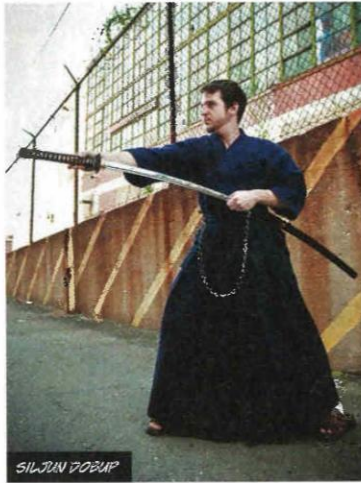
"It's ground-grappling, submission-based wrestling," says Manny Mendonis, an assistant instructor at Brooklyn Brazilian Jiu-Jitsu. "When you bring your partner to the ground, that's when it goes into effect." Throws, pins, takedowns and partner work are some of the first techniques you'll pick up for this South American martial art. It's based on the Japanese jujitsu of the 20th century, with a focus on close-quartered self-defense. Later, you'll move on to chokes and joint locks. "You're using muscles that you probably never knew existed," Mendonis says. Mention **TONY** to receive a complimentary uniform (\$40 value) at your first class through Nov 1. *Brooklyn Brazilian Jiu-Jitsu, locations throughout Brooklyn (718-331-5487, brooklynbjj.com). Schedule varies; visit website for details. Introductory class \$19.95.*

TONY DEAL Capoeira

Training for this 400-year-old Afro-Brazilian self-defense method includes a fluid series of movements set to live music. Although the form is dancecentric, you'll also be kicking, spinning, doing handstands and, at advanced levels, pulling off gravity-defying flips in tandem with the partner you're battling. Ailey Extension instructor Tiba Vieira, who's been teaching the sport for a decade, says you're guaranteed to enjoy yourself while improving your strength and coordination. First-time class participants can visit alvinailey.org/tony for a two-for-one class coupon, good through Nov 1. *Ailey Extension, 405 W 55th St between Ninth and Tenth Aves (212-405-9500, aileyextension.com). Beginner capoeira Tue 7-8pm, Sat 4:30-6pm; intermediate Tue 8-9:45pm. Single class \$16.50, five classes \$75.66, ten classes \$145.50, 20 classes \$276.45, unlimited monthly classes \$225.*

Karate

Repeated viewings of *The Karate Kid* or a longtime crush on Ralph Macchio may be what draws you to karate, but the champion trainers at dojo Shotojuku take this Japanese martial art very seriously. Respect is primary here: "The first thing you learn is to bow," says *shihan* Kai Leung, a karate scholar and the owner of Shotojuku, who obtained his black belt in 1967 and has been teaching for more than 30 years. Classes wind through the five principles of karate, as well as physical fitness and basic self-defense, namely punching, kicking and blocking. "It's a great workout," says Leung. "Your whole body gets developed." *Shotojuku Karate Dojo, 32-48 Steinway St between Broadway and 34th Ave, Astoria, Queens (718-204-0777, shotojuku.com). Schedule varies; visit*



SILJUN DOBUP

website for details. Trial classes for new students free; unlimited monthly classes \$125.

TONY DEAL Siljun Dobup

Indulge your samurai fantasies by testing your skills at *siljun dobup*, or sword-fighting. At Samurai Sword Class NYC, an extension of the Sun Moo Kwan Kendo Academy, beginners employ a wooden practice sword (and later, a blunt metal one) to learn "the art of drawing the sword, making a perfect cut, flicking the blood off the blade and then resheathing the sword in your scabbard," says instructor Raab Rashi. "You're definitely going to sweat. Anyone can swing a sword and injure someone, but to have control and precision and to do it correctly is really challenging." Mention **TONY** to receive one free class through Dec 15. *Samurai Sword Class NYC, Joria Theatre, 260 W 36th St between Seventh and Eighth Aves, third floor (646-580-9532, swordclassnyc.com). Samurai Sword Class I (beginner) Mon, Tue, Wed 6-7pm, Samurai Sword Class II (intermediate) Mon, Tue, Wed 7-8pm; one class \$20, four or more purchased together \$15 each. —Lisa Butterworth*

EMMANUEL BROWN

29, Bensonhurst, Brooklyn

HOW HE GETS SUPER FIT

"For abs, I do crunches or V-ups. V-ups are good for engaging the entire core. Squats, the leg press and calf raises [are great] for legs, and the row and shoulder press for back and shoulders. I tend to stretch a lot and make sure to finish three sets of whatever exercise I'm working on."

HOW SPIDER-MAN KEEPS HIM IN SHAPE

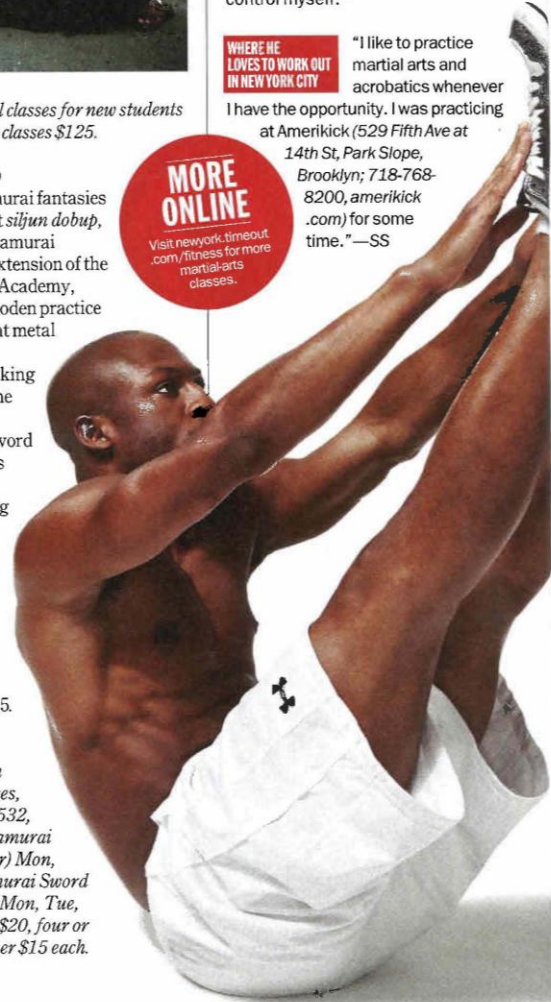
"I do things in the show that work many of the same muscles in various ways. [At one point,] I have to crawl down a slanted stage forward and backward. I employ many different muscle groups to control myself."

WHERE HE LOVES TO WORK OUT IN NEW YORK CITY

"I like to practice martial arts and acrobatics whenever I have the opportunity. I was practicing at Amerikick (529 Fifth Ave at 14th St, Park Slope, Brooklyn; 718-768-8200, amerikick.com) for some time." —SS

MORE ONLINE

Visit newyork.timeout.com/fitness for more martial-arts classes.



Dina D., 25, real-estate broker, Gramercy/Flatiron "I want to be everywhere at any time—or be in two places at once. I would just want to fly."

JuLondre B., 23, nonprofit fund-raiser, Harlem "My ideal superhero would have the mind-control powers of Professor Xavier from *X-Men*, but he wouldn't be old and dry. But definitely mind control, because I feel like ideas are really powerful. A lot of people have stupid ideas that I could just change, and then everything would be okay."