

# MARTIAL ARTS

## Mommy (or Daddy) and Me Kung Fu (Ages 2-4)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Our Mommy and Me Kung Fu class offers an introduction to martial arts for children ages 2-4. Moms, Dads, Nannies, Grandparents, etc. will have a great time in this unique bonding experience. Your child will learn martial arts and fitness fundamentals while improving their motor, listening and social skills. Materials fee of \$5 is paid to the instructor at the first class. Class fee is for Adult participant and one child. For more info visit [www.northernkungfu.com](http://www.northernkungfu.com) or email [sifu@northernkungfu.com](mailto:sifu@northernkungfu.com)

<u>Class Code</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
5-280AW	ALKF	Sat 9/5-9/26	11:30 a.m.-Noon	\$40
5-281AW	ALKF	Sat 10/3-10/24	11:30 a.m.-Noon	\$40
6-280AW	ALKF	Sat 11/7-11/28	11:30 a.m.-Noon	\$40
6-281AW	ALKF	Sat 12/5-12/12	11:30 a.m.-Noon	\$20

## Tiny Tigers Martial Arts (Ages 4-6)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

The Tiny Tigers program is developed specifically for children ages 4-6. Children learn a fun, exciting, specially designed curriculum to teach them respect, discipline, stranger awareness, anti-bullying and many other important life skills. All of our confidence-building exercises help to develop hand-eye coordination and motor skills. Materials fee of \$5 is paid to the instructor at the first class. For more info visit [www.northernkungfu.com](http://www.northernkungfu.com) or email [sifu@northernkungfu.com](mailto:sifu@northernkungfu.com).

<u>Class Code</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
5-298AW	ALKF	Wed 9/2-10/21	6:00-6:30 p.m.	\$54
6-298AW	ALKF	Wed 10/28-12/9	6:00-6:30 p.m.	\$48

## Young Dragons Martial Arts (Ages 7-15)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Learn the basic techniques of traditional ChangQuan Kung Fu. Instructors are certified 34th generation Shaolin disciples. Course will cover fitness conditioning, technique refinement, formal routines and self-defense training. The course will also cover age appropriate instruction such as stranger-danger training. Exercises are specifically designed to build self-confidence, perseverance, courage, respect, responsibility and other important life skills. Materials fee of \$5 is paid to the instructor at the first class. For more info visit [www.northernkungfu.com](http://www.northernkungfu.com) or email [sifu@northernkungfu.com](mailto:sifu@northernkungfu.com).

<u>Class Code</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
5-296AW	ALKF	Wed 9/2-10/21	6:30-7:00 p.m.	\$54
5-297AW	ALKF	Fri 9/4-10/23	6:00-6:45 p.m.	\$54
6-296AW	ALKF	Wed 10/28-12/9	6:30-7:00 p.m.	\$48
6-297AW	ALKF	Fri 10/30-12/11	6:00-6:45 p.m.	\$48

## Qigong for Academic Enhancement (adolescents/teens)

Instructor: Sifu Williams (Shi Yan Lin)/Laoshi Pruett (Shi Yan Shao)

Qigong is a moving meditation exercise system that can hold many academic benefits. The visualizations and harmonious movements engage the body/mind connection in a unique way. University studies have shown Qigong promotes focus, relaxation and anchors our mind to our bodily movements. Benefits of regular practice can include superior focus, clarity of thought and methods to manage stress. Wear comfortable clothing. For more info visit [www.northernkungfu.com](http://www.northernkungfu.com) or email [sifu@northernkungfu.com](mailto:sifu@northernkungfu.com).

<u>Class Code</u>	<u>Location</u>	<u>Dates</u>	<u>Time</u>	<u>Fee</u>
5-283AW	ALKF	Fri 9/4-9/25	5:30-6:00 p.m.	\$20
5-284AW	ALKF	Fri 10/2-10/23	5:30-6:00 p.m.	\$20
6-283AW	ALKF	Fri 10/30-11/20	5:30-6:00 p.m.	\$20
6-284AW	ALKF	Fri 12/4-12/11	5:30-6:00 p.m.	\$10