

MARTIAL ARTS & SPORTS CLASSES

JUJITSU / KARATE / ESCRIMA

Age 15+ (or upon instructors approval)
with Sensei Stephen Tuazon, 5th degree Black Belt in Danzan Ryu Jujitsu & Kosho Ryu Kenpo Karate . Student of Professor James Muro, over 30 years of experience.

So you've done the gym thing to death, it's ok but do you really get to know people at the gym? Well with a martial arts class many students get to know each other while training in a confidence building art. You will increase your strength and stamina as well as your flexibility. We all lead busy lives trying to balance kids, work and home... this class is your "me" time. Think of it as an adult play date. Uniforms may be purchased from the instructor for \$38. Questions? Please call Sensei Stephen Tuazon (650)787-3735 or email at stephen.tuazon@sbcglobal.net.

Location: SCC **S**

\$80 / \$95 NR • 11 classes (no 7/5 & 9/6)
26.345 M/W 7-8pm 6/14-7/21
26.346 M/W 7-8pm 8/2-9/8



TAI CHI CHUAN

WHOLE BODY MOVEMENT

with Linda Scheer, M.S. Vocational Rehab, practicing Tai Chi since 1988 and teaching since 1995.

Tai Chi Chuan is a soft, internal energy martial art, promoting balance, health, and relaxation. The class covers Chi Kung warm-ups, the Tai Chi stance and principles, the short and long integrated forms and applications, and partner movement. The individual begins learning the basics and the form. Partner movement happens only when the student is comfortable with it and is approached without force. Standing massage may be included in order to relax you into the Tai Chi mindset, but it is purely optional. **Wear comfortable clothing. Talk with instructor prior to registering in the Intermediate class.**

\$126 / \$146 NR • 11 classes (no 7/20, 8/17)

BEGINNING

29.304 Tu 7-8pm 6/15-9/7 CAB

INTERMEDIATE

29.303 Tu 5:30-6:30pm 6/15-9/7 RMCC

ADVANCED TAI CHI

(see Below for registration info.)

This class is for the serious student who wants to develop their own individual Tai Chi practice. The class is a small-group setting which provides focused individual attention and instruction. \$175 for a consecutive 8-week session or \$25 drop-in. For price and registration, contact the instructor, Linda Scheer at 408-295-9439 or email

linda@xs.com

Location: VMSC

\$175 • The fee is for a consecutive 8-week session or \$25.00 drop-in.

Advanced Tu 3:45-5pm ongoing

TAI CHI – CHI KUNG FOR HEALTH

with Ming Wu, 2 time Grand Champion in 2000, began her career in Hong Kong in Bruce Lee's "Enter the Dragon."

Tai Chi and Chi Kung are both an ancient art and modern science. People of all ages enjoy improved health from these gentle exercises, including: increased stamina, improved agility and inner peace. Many participants report increased flexibility, balance, and better health. Ming Wu will demonstrate many styles of Tai Chi, Chi Kung, and different weapons in each session and a performance. This class also includes brief instruction for acupressure point massage and meditation. For info contact mingwuart@yahoo.com.

Location: VMSC

\$95 / \$113 NR • 10 classes

29.307 Sa 8:45-9:45am 6/19-8/21



BEGINNING GOLF LESSONS

Age 16+

with Emerald Hills Golf

The Beginner Adult Golf Class covers all the basic fundamentals of the game of golf. Students will learn proper techniques in stretching, GASP (grip, alignment, stance, and posture), golf swing, chipping, and putting. This class is designed in order to develop a fundamental understanding of the amazing and at times frustrating game of golf.

Location: 938 Wilmington Way
Redwood City 94062

\$85 • 5 classes

24.320 Sa 10-11am 6/12-7/17 no 7/3

24.321 Sa 10-11am 7/24-8/21

