

## Ju-jitsu / Karate / Escrima

Age 15+(or upon instructors approval)

with Sensei Stephen Tuazon, 5<sup>th</sup> degree Black Belt in Danzan Ryu Jujitsu & Kosho Ryu Kenpo Karate . Student of Professor James Muro, over 30 years of experience.

\$108 (SR \$83) • 10 classes

26.344 M/W 7:15-8:15pm 6/22-7/29 no 7/6, 7/8

\$108 (SR \$83) • 10 classes

26.345 M/W 7:15-8:15pm 8/3-9/2



So you've done the gym thing to death, it's okay 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

## Karate

with USA Chief Master Instructor, Sensei Bernard Edwards

\$120 • 8 classes

26.346 Tu 7:30-8:30pm 6/23-8/11

26.347 F 7-8pm 6/26-8/14

Build self-confidence and physical strength as you learn the skill and movements of the traditional art of Japanese Karate-Do. This class will combine lecture and physical training in Karate-Do. You will gain positive spirit, good physical health and learn self-defense. Questions? Call Sensei Edwards voice mail 650.207.3550. www.hakuakai.com.

Location: San Mateo Martial Arts Academy, 413 S. Eldorado St., San Mateo 94402



Tai Chi's gentle, low impact movements surprisingly burn more calories than surfing and nearly as many as downhill skiing.

~www.nutristrategy.com



## Tai Chi Chuan--Whole Body Movement

Age 16+

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

### Beginning & Intermediate

\$137 (SR \$104) • 12 classes

Int. 29.303 Tu 5:30-6:30pm 6/16-9/1 RMCC

Beg. 29.304 Tu 7-8pm 6/16-9/1 CAB

Tai Chi Chuan is a soft, internal energy martial art. It promotes 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 mind-set, but it is purely optional. Wear comfortable clothing. Talk with instructor prior to registering in the Intermediate class.

### Advanced Tai Chi

Age 16+

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

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

Advanced Tu 4-5:10pm ongoing

(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. The cost is 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 at linda@xs.com.

Location: VMSC

### 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."

\$95 (SR \$73) • 10 classes

29.324 Sa 8:45-9:45am 6/20-8/29 no 7/4

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: RMCC