

Martial Arts/Self Defense

Chi Gung

Instructor: Aaron Williams



Chi Gung is a very low impact martial art similar to Tai Chi. The focus is on proper breathing and alternating periods of muscle relaxation and tension. Chi Gung exercises are designed to cultivate internal energy and promote mental and physical wellness. Wear comfortable clothing. For more information call Sifu Williams 290-3293 or e-mail alongskungfu@lycos.com.

Class Code	Location	Dates	Time	Fee
4-940AW	FW-108	Wed 9/9-9/30	10:45-11:25 a.m.	\$32
4-941AW	FW-108	Wed 10/7-10/28	10:45-11:25 a.m.	\$32

Protect Yourself – Self-Defense and Fitness

Instructor: Aaron Williams / Ben Pruett



This is a moderate/high intensity cardio and fitness workout that also teaches quick and effective defenses against common attacks. Course covers physical and verbal defensive techniques and how to use everyday items to your advantage. Learn how to handle yourself in real-life violent confrontations. Wear comfortable clothing. For more information call Sifu Williams 290-3293 or email alongskungfu@lycos.com. No class November 11.

Class Code	Location	Dates	Time	Fee
5-945AW	FW-108	Wed 11/4-12/2	10:45-11:30 a.m.	\$49

Northern Shaolin Kung Fu (Teen and Adult)

Instructor: Aaron Williams



Martial Arts training covering basic techniques, combinations, self defense, and formal routines. A fantastic way to get in shape while learning to protect yourself and your loved ones. You will notice improvements in strength, flexibility, concentration, and coordination. Wear comfortable clothing. Materials fee of \$5 is paid to the instructor on the first night of class. For more information call Sifu Williams 290-3293 or email alongskungfu@lycos.com.

Class Code	Location	Dates	Time	Fee
4-995AW	FW-108	Th 9/17-10/29	7:00-7:45 p.m.	\$30

Capoeira/Brazilian Martial Art (Ages 10–17)

Instructor: Capoeira Mandinga Tucson



Capoeira is a beautiful and challenging Brazilian martial art/dance form that is rich in Brazilian cultural heritage. Its history extends back over 400 years to struggles for freedom by Afro-Brazilian slaves. It is second only to soccer as the most popular sport in Brazil. Break dancing was derived from capoeira movements. Capoeira greatly improves physical and mental strength, agility, confidence, and creativity. You will also learn capoeira music, including stylistic percussion instruments and rhythms, that give energy to capoeira players and bring out their best games. Come challenge yourself with a new type of fun in classes with Capoeira Mandinga Tucson! Expect a total body workout. Materials fee of \$5 is paid to instructor on the first night of class. For more information email David Vick david.vick@gmail.com or Anne Pollack info@CapoeiraTucson.com or call 520-975-6539.

Class Code	Location	Dates	Time	Fee
4-800CT	CMTA	Mon 9/14-10/19	4:00-5:30 pm	\$66
5-800CT	CMTA	Mon 10/26-12/14	4:30-5:45 pm	\$89