

Martial Arts Classes with Master Max Pallen

All Max Pallen Classes held at the Holly Community Center.
(All classes, separate fee for belt, uniform and sash)

Karate Fundamentals White Belt Program • Ages 6+

Our program teaches children to learn basic karate techniques: blocking, punching, striking, kicking and the benefits of physical developments in increased flexibility, coordination, balance and muscle tone as well as increasing children's concentration and self control.

Code	Day	Dates	Time	Classes	Fee
47604	Wed	1/4-3/21	5:00- 6:00 pm	12	\$99/ \$109
47605	Wed	4/4-6/27	5:00- 6:00 pm	13	\$107/ \$118

Intermediate Yellowbelt Program • Ages 6+

This class is a continuation of the Karate Fundamentals white belt program. Students will continue to learn the techniques that were taught in the white belt program plus learn additional skills that will help them advance to the yellow belt level of Karate.

Code	Day	Dates	Time	Classes	Fee
47606	Wed	1/4-3/21	6:00- 7:00 pm	12	\$99/ \$109
47607	Wed	4/4-6/27	6:00- 7:00 pm	13	\$107/ \$118

Inter/Adv Karate Colorbelt Program • Ages 6+

Our program allows students to earn colorbelt rank signifying accomplishment and progress to the next level of advanced karate techniques. Will teach kata (form) and freestyle fighting (kumite) and promote greater self-confidence and self esteem.

Code	Day	Dates	Time	Classes	Fee
47608	Wed	1/4-3/21	7:00- 8:00 pm	12	\$99/ \$109
47609	Wed	4/4-6/37	7:00- 8:00 pm	13	\$107/ \$118

Karate/ Arnis Competition Team Program Ages: Teens and Adults

Code	Day	Dates	Time	Classes	Fee
47610	Fri	1/6-3/23	5:00- 6:30 pm	12	\$99/ \$109
47611	Fri	4/6-6/29	5:00- 6:30 pm	13	\$107/ \$118

Arnis - Philippine Martial Arts Program • Ages 6+

This unique program will guide students in weapon/sticks as extension of the hand to develop unique empty hand fighting skills. Students will also gain knowledge of strength, discipline and endurance.

Code	Day	Dates	Time	Classes	Fee
47614	Fri	1/6-3/23	6:30- 7:30 pm	12	\$99/ \$109
47615	Fri	4/6-6/29	6:30- 7:30 pm	13	\$107/ \$118

Senkotiros Arnis. Org Instructor Program Ages: Teens and Adults

This is an instructor's course, mastering the advanced techniques in Senkotiros system and to develop leadership program. Training in sensitivity free flow to develop natural instinctive skills. This class is on-going to earn rank/degree. Instructor permission required.

Code	Day	Dates	Time	Classes	Fee
47612	Sat	1/7-3/24	9:00- 11:00 am	12	\$99/ \$109
47613	Sat	4/7-6/30	9:00- 11:00 am	13	\$107/ \$118

Capoeira • Ages 8+

Location: Ruggieri Senior Center

Instructor: Oscar Baeza & Joshua Horner

Capoeira (ka-po-eh-ra) is an Afro Brazilian art form that combines dance, martial arts, music, acrobatics and self-defense. Capoeira uses kicks, hand strikes, acrobatic moves, escapes and take downs as a form of self expression through movement in martial arts.

Our classes enhance confidence, respect, balance, focus, attention to detail, concentration, and fun. Each student will train at their appropriate ability level, working to develop their skills in a supportive environment. Wear loose fitting clothing. Bring athletic tape for feet.

Code	Day	Dates	Time	Classes	Fee
48034	Mon	1/9-3/26	6:30- 8:00 pm	12	\$108/ \$118
48035	Mon	4/9-6/11	6:30- 8:00 pm	10	\$90/ \$100



Intro to Wing-Chun Kung Fu • Ages 14+

Wing-Chun Kung Fu is a Chinese Martial Art in which minimal energy is used to achieve maximal results. The basic foundation for this style is taught through the first form, Sil Lim Tao, in which students learn to develop sensitivity and energy flow, economy and efficiency of motion and center-line theory. This class or prior Wing Chun experience is a prerequisite for the Wing Chun Kung Fu course.

Interested participants will also have the opportunity to learn Chinese Lion Dancing, which includes drumming, percussion instruments, history and symbolism. To learn more about the class please visit us

at www.UCWingChunStudentsAssociation.com

or email at UCWCSA@gmail.com

Instructor: Steve Jeung

Location: Kennedy Community Center

Code	Day	Dates	Time	Classes	Fee
47759	Tue/Thu	1/10-3/24	7:15- 8:45 pm	24	\$168/ \$183
47760	Tue/Thu	4/10-6/14	7:15- 8:45 pm	20	\$140/ \$155

Wing-Chun Kung Fu • Ages 14+

This class will focus on sharpening the skills as well as broadening students' knowledge and understanding of Wing Chun. Course will include instruction on the second form, Chum Kiu as well as progression on "Sticking Hands" (Chi Sao) and Sparring. This class is taught by Alson Yuen, 1991 International Chinese Martial Arts, Wing Chun "Chi Sao" Champion. Alson started his martial arts career as a young boy in Hong Kong, but further developed his skills from Grand Master Kenneth Chung in the Bay Area during the late 80's. He has been teaching and sharing knowledge since 1993. Interested participants will also have the opportunity to learn Chinese Lion Dancing, which includes drumming, percussion instruments, history and symbolism. To learn about the class please visit us at www.UCWing-ChunStudentAssociation.com or email at

UCWCSA@gmail.com

Instructor: Alson Yuen • Location: Kennedy Community Center

Code	Day	Dates	Time	Classes	Fee
47761	Tue/Thu	1/10-3/24	7:15- 9:45 pm	24	\$96/ \$106
47762	Tue/Thu	4/10-6/14	7:15- 9:45 pm	20	\$80/ \$90

Master Choi's Martial Arts

Place: Choi's Martial Arts • (510) 477-9552
31832 Alvarado Blvd. Union City, CA 94587

For all classes:

Winter Session: Participants may start this session 1/9- 4/1 at any date and will continue to attend class the following 12 weeks from their start date.

Spring Session: Participants may start this session 4/9-6/17 at any date and will continue to attend class the following 10 weeks from their start date.

Beginner Tiny Tiger's Program • Age 4-6

This program is designed to give smaller portions of Taekwondo movements to the younger kids, so that they can achieve their goal of getting more focus and following directions in a positive and safe environment with well-trained Korean masters. It is a great self-confidence booster for this age group.

Time: 2 times a week

(Choose 2 classes per week at your convenience.)

Winter SESSION CODE: 47856

Spring SESSION CODE: 47857

Classes: Tuesday 4:30 – 5:00 pm
Thursday 6:10 – 6:40 pm
Friday 6:00 – 6:30 pm
Saturday 9:40 – 10:10 am

Fee: \$270/ \$295 12 weeks (24 classes, 1/9-4/1)
\$225/ \$250 10 weeks (20 classes, 4/9-6/17)
– uniform is included, beginners only.

Beginner Taekwondo Program • Age 7-13

This program is designed to build character such as respect, discipline, determination, perseverance, self-control, and cooperation through martial arts training. Authentic Korean masters teach classes.

Time: 2 times a week

(Choose 2 classes per week at your convenience.)

Winter SESSION CODE: 47860

Spring SESSION CODE: 47861

Classes: Monday 3:45- 4:30 pm
Tuesday 6:15- 7:00 pm
Thursday 5:15- 6:00 pm
Friday 7:00- 7:45 pm
Saturday 10:50- 11:30 am

Fee: \$270/ \$295 12 weeks (24 classes, 1/9-4/1)
\$225/ \$250 10 weeks (20 classes, 4/9-6/17)
– uniform is included, beginners only.

Beginner Teen & Adult Taekwondo Program Age 14 & up

Learn traditional and yet modern Korean martial arts and build up self-confidence, get fit, improve focus, and empower yourself. Authentic Korean masters teach classes.

Time: 2 times a week

(Choose 2 classes per week at your convenience.)

Winter SESSION CODE: 48024

Spring SESSION CODE: 48025

Classes: Monday 8:15-9:05 pm
Tuesday 8:25-9:10 pm
Wednesday 8:15- 9:05 pm
Thursday 8:15-9:00 pm
Saturday: 9:00-9:40 am

Fee: \$270/ \$295 12 weeks (24 classes, 1/9-4/1)
\$225/ \$250 10 weeks (20 classes, 4/9-6/17)
– uniform is included, beginners only.

Character Development for Kids with World & Nationally Rated Champion Bobby Hernandez

All classes Include Uniform, Instructional
DVD, Belt & Certificate

Location: Hernandez Martial Arts, 33476 Alvarado-Niles Rd. in Union City for 29 Years!

Contact: (510) 487-3790 or

www.hernandezkarate.com / www.kidsrcapable.net

Self-Defense and Character Development Beginner • Ages 6-13

This program is a character development, self-defense program for kids. Children will be introduced to the martial arts learning blocks, punches, kicks, stances and how to combine them together to defend various self-defense situations with the philosophy of "Common Sense before Self-Defense." Children will learn about S.A.F.E. Principles (Survey, Avoid, Flee and Evade) to avoid dangerous situations while having fun with our 4 Tiered Fitness Program for kids. Children will also participate in our exclusive Kids R' Capable™ Character Development Program for Kids which will help them behave better at home, excel in school and succeed in life by practicing various values outside the karate school through a structured and fun, kid oriented curriculum. **At the end of the program, students will be certified and earn their first belt rank pending attendance.**

Code	Day	Dates	Time	Classes	Fee
48045	M/W	1/9-3/28*	6:30-7:00 pm	22	\$182 / \$197
48046	T/Th	1/10-3/29	6:00-6:30 pm	24	\$198/ \$213

*No class on Monday 1/16 & 2/20

48047	M/W	4/9-6/13	6:30-7:00 pm	20	\$165 / \$180
48048	T/Th	4/10-6/14	6:00-6:30 pm	20	\$165/ \$180

Teen, Men & Women Self-Defense Program Ages 14-Up

It doesn't matter if you're older or younger, in shape or out of shape, have old injuries or limitations or think you can or you can't, this program is for everyone! Come in and learn the first, original mixed martial art! Our philosophy: everyone has limitations, so find out what they are and work around them! You will start off by focusing on increasing your health, physically and internally, while doing it at your own pace. You will learn how to bring your mind and body together as one for inner peace and to help deal with the stress of everyday life whether it's work, home or school life. You will learn how to defend yourself verbally, mentally and physically in a non-combative environment. Most of all, you will start to feel good about yourself and good about everything around you. Because this mixed martial art is a combination of several arts, you can tailor it to fit your abilities, limitations, wants and needs. If you ever wanted to try martial arts, learn self-defense or increase your physical fitness, this program is for you! At the end of the program, students will be certified and earn their first belt rank pending attendance.

Code	Day	Dates	Time	Classes	Fee
48049	M/W	1/9-3/28*	7:45-8:45 pm	22	\$182 / \$197
48050	M/W	4/9-6/13	7:45-8:45 pm	20	\$165/ \$180

