

Master Choi's Martial Arts

Place: Choi's Martial Arts • (510) 477-9552

31832 Alvarado Blvd. Union City, CA 94587

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.)

Dates: Participants may start at any date from 1/11-6/13 and will then attend class the following 8 weeks from their starting date.

CODE: 39767

Classes: Tuesday 4:40 – 5:10 pm
Thursday 3:15 – 3:45 pm
Friday 6:10 – 6:40 pm
Saturday 9:50 – 10:20 am

Fee: \$180/\$200 8 weeks (16 classes)
– 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 co-operation through martial arts training. Authentic Korean masters teach classes.

Time: 2 times a week (Choose 2 classes per week at your convenience.)

Dates: Participants may start at any date from 1/11-6/13 and will then attend class the following 8 weeks from their starting date.

CODE: 39769

Classes: Monday 3:45 – 4:30 pm
Tuesday 6:00 – 6:45 pm
Wednesday 4:30 – 5:15 pm
Friday 6:45-7:30 pm
Saturday 10:20 - 11:05 am

Fee: \$180/\$200 8 weeks (16 classes)
– 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.)

Dates: Participants may start at any date from 1/11-6/13 and will then attend class the following 8 weeks from their starting date.

CODE: 39771

Classes: Monday through Friday : 8:15-9:05 pm,
Saturday: 9:00-9:50 am

Fee: \$180/\$200 8 weeks (16 classes)
– uniform is included, beginners only

Capoeira • Ages 8+

Capoeira (ka-po-eh-ra) is an Afro Brazilian art form that combines dance, martial arts, music, and self defense. Wear loose fitting clothing. Bring athletic tape for feet.

Instructor: Oscar Baeza & Jo Jo Villanueva

Location: Ruggieri Senior Center (Monday)
Kennedy Community Center (Wednesday)

Code	Day	Dates	Time	Classes	Fee
39238	Mon (Ruggieri)	1/11-3/15	6:30-8:00 pm	10	\$90/\$100
39239	Wed (Kennedy)	1/13-3/17	6:30-8:00 pm	10	\$90/\$100
39240	Mon/Wed	1/11-3/17	6:30-8:00 pm	20	\$180/\$195
39241	Mon (Ruggieri)	3/29-6/7*	6:30-8:00 pm	10	\$90/\$100
39242	Wed (Kennedy)	3/31-6/2	6:30-8:00 pm	10	\$90/\$100
39243	Mon/Wed	3/29-6/7*	6:30-8:00 pm	20	\$180/\$195

*No Class on Monday, May 31 (Memorial Day)

**A Kids R' Capable "E-mail Series"****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! • (510) 487-3790 or www.hernandezkarate.com / www.kidsr capable.net

**NEW! 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
39638	M/W	2/22-5/12	6:30-7:00 pm	24	\$200 / \$215
39639	T/Th	2/23-5/13	6:00-6:30 pm	24	\$200 / \$215

**NEW! 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 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
39640	M/W	2/22-5/12	7:45-8:45 pm	24	\$200 / \$215

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
39423	Tue/Thu	1/12-3/18	7:15- 8:45 pm	20	\$120/\$135
39424	Tue/Thu	3/30-6/10	7:15- 8:45 pm	22	\$132/\$147

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 of "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.UCWingChunStudentAssociation.com or email at UCWCSA@gmail.com

Instructor: Alson Yuen • Location: Kennedy Community Center

Code	Day	Dates	Time	Classes	Fee
39420	Tue/Thu	1/12-3/18	7:15- 9:45 pm	20	\$75/\$85
39421	Tue/Thu	3/30-6/10	7:15- 9:45 pm	22	\$80/\$90

Martial Arts Classes with Master Max Pallen



Karate Fundamentals White Belt Program • Ages 6-17

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 increased children's concentration and self control. (Separate fee for uniform)

Code	Day	Dates	Time	Classes	Fee
39291	Wed	1/13-3/17	5- 6:00 pm	10	\$67/\$73
39292	Wed	4/7-5/26	5- 6:00 pm	8	\$53/\$58

Intermediate/Advanced Karate Colorbelt Program • Ages 6-17

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.

(Separate fee for belt)

Code	Day	Dates	Time	Classes	Fee
39293	Wed	1/13-3/17	6- 7:00 pm	10	\$67/\$73
39294	Wed	4/7-5/26	6- 7:00 pm	8	\$53/\$58

Arnis - Philippine Martial Arts Program • Ages 6+

This unique program will guide student training in weapon/sticks as extension of the hand to develop unique empty hand fighting skills. Student will also gain knowledge of strength, discipline and endurance. (Separate fee for uniform or sash)

Code	Day	Dates	Time	Classes	Fee
39306	Wed	1/13-3/17	7- 8:00 pm	10	\$67/\$73
39307	Wed	4/7-5/26	7- 8:00 pm	8	\$53/\$58

FMA (Filipino Martial Art) Adult Blade Concepts • 18 & above

This is an edge weapon training program. Easy to learn unarmed defensive skills and will help to develop self confidence. Student will learn flow drills to develop sensitivities and to understand Filipino knife fighting. Instructor permission required.

Code	Day	Dates	Time	Classes	Fee
39310	Thu	1/14-3/18	5- 6:00 pm	10	\$67/\$73
39311	Thu	4/8-5/27	5- 6:00 pm	8	\$53/\$58

Arnis "Lakan" Program • Ages 6+

Student must have lakan rank, instructor in training, mastering the basic arnis requirements and advanced skills in Filipino martial art, including the reality of stick/weapons fighting and empty hand (mano-mano). Instructor permission required.

Code	Day	Dates	Time	Classes	Fee
39308	Thu	1/14-3/18	6- 7:00 pm	10	\$67/\$73
39309	Thu	4/8-5/27	6- 7:00 pm	8	\$53/\$58

Adult Karate Program • 18 & above

Student will learn the value of physical fitness and healthy living, the knowledge of self -defense that can be a "life saver" when faced with a life threatening situation. Learn simple basic karate stances, blocks, punches, kicks and exercises that develop coordination, balance, flexibility, breath control, strength, endurance and peace of mind. (Separate fee for uniform or belt)

Code	Day	Dates	Time	Classes	Fee
39295	Thu	1/14-3/18	7- 8:00 pm	10	\$67/\$73
39296	Thu	4/8-5/27	7- 8:00 pm	8	\$53/\$58

All Karate Black Belt Program Ages 6- 17 & Adults 18+

Black Belt instructor program . Must be dedicated to Black Belt excellence. Will cover advanced kata (form), advanced freestyle techniques, self-defense and leadership training. This class is an on-going class to earn black belt ranking. Instructor permission required.

Code	Day	Dates	Time	Classes	Fee
39297	Fri	1/15-3/19	5- 6:30 pm	10	\$67/\$73
39298	Fri	4/9-5/28	5- 6:30 pm	8	\$53/\$58

Senkotiros Arnis. Org Instructor Program Ages 18 & above

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
39314	Sat	1/16-3/20	9- 11:00 am	10	\$67/\$73
39315	Sat	4/10-5/29	9- 11:00 am	8	\$53/\$58

Remember:

This is a double issue Activity Guide. It covers Winter and Spring classes.

Check the website for more information and for more classes that may be added after the guide was released.