

Kung Fu for Kids Summer Classes

What: An introductory class on Chinese martial arts for kids 6 to 10 years old

When: Thursday, 3:30pm to 4:30, June 17th to August 12th (8 wks.)

Where: Health Balance, 2030 Stadium Drive, Bozeman 922-2078

Cost: \$80 class fee, plus \$15 sign-up fee.

Bozeman Chinese Martial Arts is pleased to offer this introductory class through the Health Balance facility. This class will introduce kids to the rich world of Chinese martial arts, loosely termed Kung Fu, by drawing on material from different distinct styles including Northern Longfist, Tai Chi Chuan, Bagua Zhang and Hsin Yi. The class will introduce the basic concepts of physical movement in marital arts as well as mental focus, body control and personal achievement. Emphasis will be placed on developing physical fitness, agility, coordination and exploring defensive techniques. This is a non-competitive format that aims to give kids a chance to learn a martial art in a fun, safe and supportive environment through traditional teaching and game play.

Class Details:

Uniforms are not required, comfortable athletic clothing is fine and shoes are optional. I will have uniforms available for order if you're interested.

There will be a certificate and award for students who complete the course.

Understandably summer is a time for vacations, but please make an effort to have your child attend as many classes as possible and don't sign up if a child can only do half the class. If you have scheduling concerns, please feel free to contact me.

I am not teaching kids to fight. Partner drills are structured to reinforce body structure, build trust, and promote body awareness.

Kids need to be willing participants and martial arts are not for everybody. If I see a child who continually struggles, is continually not participating, or is becoming too much of a distraction in class I will speak with the parent.

For more information:

Please contact Mike Wiseman or take a look at the Bozeman Chinese Martial Arts website for more information on the instructor and content.

581-4473: www.bozemancma.com: mwiseman@wisearchitect.com

Please contact Mary Meier at the Health Balance for information on class prices and registration.

922-2078: mary@healthbalanceinc.net

