

-Evergreen Kung Fu Club- Class Descriptions:

Tai Chi: A moving meditation incorporating qi gong (Chinese yoga) and martial sequences. Taichi promotes rehabilitation and is great exercise for seniors and people with limited physical facility (such as those recovering from illness or injury).

Qi Gong: Sometimes referred to as Chinese yoga or Taoist or Buddhist longevity arts, qigong is a general term for a wide variety of exercises that develop internal harmony, calmness, strength, flexibility, body awareness, and balance through the use of postures, movements, stretching and warm-ups. Appropriate for all levels of fitness, this is for anyone looking to limber up, increase range of motion, build core strength, decrease stress and increase a sense of wellbeing.

Intro to Kung Fu: Ages 4-7. This class focuses on the needs of young children who are interested in martial arts and builds a solid foundation by developing coordination, balance, discipline, respect, confidence and sensitivity.

Kid's Kung Fu: Ages 8+. A fun, engaging environment that builds a healthy relationship to exercise; develops a sense of respect, discipline, confidence and sensitivity; and teaches self-defense.

Adult Self-Defense: Our adult self-defense program is a great way to get in shape while learning combat techniques and strategies that have withstood the test of time. Our program has two main components, conditioning and technique. Our material is based on traditional kung fu and shuai chiao systems that have been employed in military and police applications. If you are looking for a fun yet challenging way to increase your strength and skill set, this is for you.

Women's Fitness & Self Defense: This class is similar to the adult self-defense class in content. It has a fitness and conditioning component and teaches self-defense techniques, strategies, and applications. It is a safe, supportive environment for women to get in shape, build confidence, have fun, and acquire new skills.

Shuai Chiao (Jiao): Referred to as Chinese wrestling or grappling, shuai chiao is the art of throwing. It has two branches: combat training and competition. This class will cover fundamentals including form, technique, conditioning, and falling safely. Class will include controlled application and partner practice but participants will *not* be required to engage physically with other students.