

Day of Discovering Martial Arts **Saturday, December 12th, 2008** **At Bamboo Arts Center**



Registration Opens at 8:30 AM

| Time | Style | Teacher |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------|
| 9:00 | Kali , originating in the Philippines, was originally used as a method of fighting off the invading Spanish. Kali utilizes weapons such as sticks, knives, and swords. The typical Kali weapon is the Escrima sticks. Techniques without weapons include kicking, striking and grappling. | Aldon Asher |
| 10:30 | Aikido , originating in Japan is considered to be a non-aggressive style. In Aikido the attackers force is redirected into throws, locks and restraining techniques. Size, weight, age and physical strength differences of the opponents play only a small role, as the skilled Aikido practitioner is able to redirect the attacker's energy, keeping his attacker in a constant state of unbalance. Aikido can be practiced to a late age because this martial art does not rely on flexibility, muscle speed, or strength alone. | Jim Saba, Sensei |
| 12:00-1:30 Lunch Break | | |
| 1:30 | Tai Chi Chuan is considered to be meditation in motion. A soft southern Chinese style with an emphasis on slow movements used to redirect the opponent's energy. These movements are practiced while concentrating on breathing technique and balance. Tai Chi is practiced worldwide for its health benefits, improved concentration and for the reduction of stress and tension - not as a combat martial art. | Gage Steele 5 th Degree Master |
| 3:00 | Shaolin Kung Fu lineage comes directly from the Shaolin Temples in Northern China. Kung Fu, as one of the oldest martial arts, has been a great influence to other martial arts styles. It offers the largest and most diverse collection of empty hand and weapon fighting systems in the world. | |



Full Day \$40. ~ Half Day \$25.
Refreshments Included ~ Lunch \$10.
Kayak Rental Available \$15.

Reservation Required 386-956-1329 or email bambooarts@gmail.com

Directions: From intersection of Hwy. 92 & N. Woodland Blvd, (S.R.17) head north 5 miles. When the road forks bear right onto S.R.11 still heading north. Turn Left on Reynolds Road heading west for 1.5 miles. Turn Left on Cave Lake Road heading south for 1/10th mile. Just follow the fence, when the fence turns right, turn right. You'll see the driveway, 4490 on the left gate post.

Also on Sat., January 12th ~ Aikido, Muay Thai & Kayaking