



10,000 Victories Kung Fu

2015 FALL SESSION

LAGUNITAS & SAN ANSELMO

Awesome Kung Fu Animals: Tiger, Snake & Tortoise



**TIGER: VIGOROUS-
DO YOUR BEST**

The Tiger is a symbol for primal power and strength. Tiger power means gathering up all your energy and ability into the present moment and using

it to achieve a single goal.

The hero leading the charge thru danger is using her Tiger super power.

Tiger Moves focus on pushes.

Tiger Body Mechanic teaches explosive power.

Tiger Drills strengthens the upper body.



**TORTOISE: PATIENCE -
HAVE PATIENCE WITH
OTHERS - FORGIVE**

Being patient and forgiving others helps our relationships last.

Forgiving yourself and others allows us to move forward in life by healing our feelings about past events and people.

Tortoise Moves teach blocking and covering up.

Tortoise Body Mechanic teaches gathering Qi to the center.

Tortoise Drills teach center breathing.



**SNAKE: CALM-
GO AROUND OBSTACLES**

When faced with a challenge, difficult situation or obstacle, the snake stays calm, responds to the situation after observing it and finds an easy way around the obstacle.

Snake Moves work on snake palm strikes.

Snake Body Mechanic focuses on flexible spine.

Snake Drills focus on the undulating quality of the body and spine.

LAGUNITAS STARTS: AUG 31
SAN ANSELMO STARS: SEP 1
REGISTER NOW!!

CONTACT RACHEL JENSEN

RACHEL@10000VICTORIES.COM

415-455-9467



2015 FALL SESSION DATES!

Fall Session starts **Aug. 31 & Sep. 1** and runs till **Nov. 18 & 19, 2015**. During the session students will learn 3 Kung Fu Animals, spending 4 weeks on each Kung Fu Animal and earning 3 Animal Power Patches. Students learning classical Kung Fu will all have a chance to advance in rank by learning new forms and weapons.



At the Boyd Park Grand Opening, Max Vavrek did an awesome leap dodging a sweep attack from Instructor Noah Tatarsky-Omarzu



Kids are warming up outside before show time!

At the Kung Fu Show students will show off what they have learned.

Be sure to reserve the date! Come watch your kids show off everything they have learned! Show starts at 4PM (participating students please arrive no later than 3:30PM) lasts until 6 PM with an intermission, then potluck party follows! Hang out with all your friends! This is great fun for the kids. Don't miss it!

p.s. Kung Fu Show date is to be determined. Thank you for your patience.



Cordelia Parish and Max Vavrek did a great Staff vs. Staff performance at the Boyd Park Grand Opening

Please see next page for class schedules & descriptions. Questions? Give us a call or email Rachel@10000Victories.com

Payment Options for the Program:

Earn a discount by paying for the entire session! Alternatively, you can pay every 4 weeks.

If you opt for 3-payment option for the session, due dates are **Aug. 31, Sep. 28 & Oct. 26**.

Payment after due date late fee is \$15

To avoid late fee, enroll in our electronic payment system. Call Rachel to get this set up 415-455-9467

If you would like to mail in your payment, our address is **5 Dolores St. San Rafael, CA 94901**

To pay online, please follow below link

<http://10000victories.com/product-category/kids-classes/#.VcVMwRNViko>

If you need assistance contact Rachel at 415-455-9467

See Page 3 for program schedules and tuition

Class	Laguntias	San Anselmo	One Payment	3-Payment Option
<p>Kung Fu Animal Power: Ages: 5-7 Kung Fu Animal Power™ Leadership Training will help your kids grow up into responsible, athletic, adults capable of defending themselves. These classes are a fun way to get exercise, build a healthy, coordinated body, understand leadership and learn to protect yourself.</p>	Monday & Wednesday 3:15-4:00PM	Tuesday & Thursday 3:45-4:30PM	\$360	\$128 x 3 online \$133 x 3 check
<p>Classic Kung Fu, Intermediate & Above: Ages: 7/8+ Kids in this class will learn the traditional Kung Fu routine called Tan Tui, or Steel Legs. This famous sequence is over 400 years old and teaches great punching and kicking skills. Tan Tui has 12 lines of moves. For each line your child learns they will earn a silver stripe. When they learn all 12 lines they can test for their Silver Sash and advance to the next level.</p> <p>For the more advanced kids, In addition to doing the challenging, advanced level Kung Fu Animal Power, kids learn more fantastic routines and weapons from Northern Shaolin and earn advanced sashes. More advanced kids with good behavior is permitted to do sparring training. This class is cool!</p>	Monday & Wednesday 4:00-5:30PM	Tuesday & Thursday 3:45-5:30PM	\$480	\$168 x 3 online \$173 x 3 check

Our Instructors:

Sifu Jensen, Joseph Vigenri & Noah Tatarsky-Omarzu

Sifu Jensen is a traditional master and inheritor of the Northern Shaolin style of Kung Fu, known worldwide for his gold Medal performances and writing.

San Geronimo Valley natives, Instructor Joseph Vigneri & Instructor Noah Tatarsky-Omarzu bring years of intense training in both Kung Fu and teaching combined with a great rapport with kids to these classes. Come Join us now!

www.10000victories.com 415-455-9467

Thank you for your participation and support!! Please help us spread the word!

Sincerely,
Sifu Jensen & Rachel