



# 10,000 Victories Kung Fu

## 2015 WINTER SESSION

### LAGUNITAS & SAN ANSELMO

#### Awesome Kung Fu Animals: Dog, Rooster, and Swallow

**DOG: THE DOG IS LOYAL IT PROTECTS ITS FAMILY AND FRIENDS.**



A good dog will protect its owners and warn them of danger. Loyalty to ones family, friends and teachers is important.

When we stick together and help, protect and care for one another everyone is stronger, healthier and

safer.

**Dog Moves** teach Ground Defense.

**Dog Body Mechanic** teaches Lifting the Head

**Dog Drills** teach Rolling and Falling.

**ROOSTER: Confidence - Know you can do it**

True confidence requires no reason, or justification.



Confidence begins with believing in your self. Feeling confident and acting boldly, people and events respond to you positively, as you inspire those around you.

**Rooster Moves** are Flying Kicks.

**Rooster Body Me-**

**chanic** teaches how to grip the ground with your foot.

**Rooster Drills** teach 8 Directions Steps

**LAGUNITAS STARTS: NOV 30**  
**SAN ANSELMO STARTS: DEC 1**  
**REGISTER NOW!!**

CONTACT RACHEL JENSEN

RACHEL@10000VICTORIES.COM

415-455-9467



**SWALLOW: FLEXIBLE - KNOW WHEN TO CHANGE DIRECTION.**

The Swallow shows exceptional skill in changing direction and can switch from low to high, and back again easily.

In life, the swallow teaches us to change direction and respond to events quickly. Determination to reach our goals is important, but sometimes we need to change our tactics if we want to succeed.

**Swallow Moves** teach Sweeps and Swallow Kicks.

**Swallow Body Mechanic** Soften the Chest.

**Swallow Drills** teach Swallow stance.



## 2015 WINTER SESSION DATES!

Winter Session starts **Nov. 30 & Dec. 1** and runs till **Mar. 9 & 10, 2016**. 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!**

## Winter Show Saturday March 12th

First Presbyterian Church, San Anselmo

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!



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](mailto: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 **Nov. 30, Jan. 4, & Feb. 8**

**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/>

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
<b>Kung Fu Animal Power:</b> <b>Ages: 5-7</b> 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.	Monday & Wednesday 3:15-4:00PM	Tuesday & Thursday 3:45-4:30PM	\$360	\$128 x 3 online \$133 x 3 check
<b>Classic Kung Fu, Intermediate &amp; Above: Ages: 7/8+</b> 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.  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!	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 Vigneri & 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](http://www.10000victories.com) 415-455-9467

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

Sincerely,  
Sifu Jensen & Rachel