



# Kung Fu

Learn practical **Self-Defense** skills that will benefit you throughout your life.

Youth Age 5 through Adult:

- Gain confidence & awareness
- Improve physical & mental fitness
- Fun, Non-competitive, full participation classes
- Build strength, coordination, agility, flexibility, & balance
- Parents: Don't just sit at the sideline! Sign up & participate with your child in class.
- Develop Leadership skills
- Improve concentration

**COME AND EXPERIENCE THE ART OF KUNG FU!**

**Tuesdays, Jan. 31 – March 20, 2012**

**At Cedar Manor School, gym \$69**

9400 Cedar Lake Rd., St. Louis Park, 55426 (Park in lower lot & enter door at lower lot.)

#Y598	Beginner & White Belt	6:00-6:45pm
#Y599	Yellow – 2 <sup>nd</sup> Purple Belt	6:45-7:30pm
#AEY511	Instrument & Sparring	7:30-8:15pm
#AEY512	3 <sup>rd</sup> Purple – Black Belt	8:15-9:00pm

Questions: call 952-898-3008

**Instructor: National Treasure Kung Fu, directed by Al Lam**

*SiFu* Al Lam (International Master-Temple trained in Mainland China, Kung Fu nephew of "Mr. Han" of Bruce Lee's "Enter The Dragon" movie) was a Hong Kong Champion. He has over 30 years of teaching experience with youths & adults. He was the instructor of the University of Minnesota Chinese Kung Fu Club for 13 years and was awarded "Instructor of the Year" by the U of M Recreational Sports Dept.

This is a skill building progressive training program for beginners through Black Belt. Optional uniform and certification from White to Black Belt is available.

**On-line Registration: [www.slpcommunityed.com](http://www.slpcommunityed.com)**

**Register by mail:**

Lenox Community Center  
Adult Enrichment  
6715 Minnetonka Blvd.  
St. Louis Park, MN 55426  
Make check payable to:

**I. S. D. #283**

**Fax:** 952-928-6447

**In person:** Mon. through Fri.  
8:30am to 4pm, Room 104  
Lenox Community Center

**24-hr. Drop Box:** outside the  
main entrance off the parking  
lot at Lenox Comm. Ctr.

**Questions** Registration,  
refunds, fee assistance,  
call 952-928-6425

**Community Education Kung Fu Class Registration Form**

Participant Name \_\_\_\_\_ M \_\_\_ F \_\_\_ If child: DOB \_\_\_\_\_

If child, Parents/Guardians Names \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Tel (day) \_\_\_\_\_ (eve) \_\_\_\_\_ (cell) \_\_\_\_\_

Email \_\_\_\_\_ Emergency contact \_\_\_\_\_ Tel \_\_\_\_\_

Special needs/Comments \_\_\_\_\_

Class Title: **Kung Fu / Wu Shu** Class # \_\_\_\_\_ Fee \_\_\_\_\_

Class # \_\_\_\_\_ Fee \_\_\_\_\_ Total Fees \_\_\_\_\_ Check # \_\_\_\_\_

Please enclose a check, payable to ISD #283, or fill out credit card information below.

VISA/MC# \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on card (please print) \_\_\_\_\_ Cardholder Signature \_\_\_\_\_

Permission and Waiver: I hereby agree to allow my child, and/or myself to participate in the above named St. Louis Park activity. In consideration of you accepting this registration, I hereby, for myself and my heirs, waive any and all rights and claims for damages I may have against ISD #283, the City of St. Louis Park, or National Treasure Kung Fu, Inc. and their representatives, for any and all injuries from whatever cause suffered by the above participation in the indicated activity. In case of emergency, the staff has my permission to use their judgment with regard to treatment until I can be contacted. I also understand that the information that I have provided will be distributed to individuals involved with each program.

Participant (if age 18 or older)/Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_