



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!

At Edina Community Center, Auditorium

5791 Normandale Rd., Edina 55424 (Park in South lot by Hwy 100, enter door #10)

Tuesdays 1/31 – 3/20 \$84

#123-W2 Beginner, White, Yellow Belt 6:15-7:05pm #123-W6 Orange - Black Belt 7:05-7:55pm
or

Saturdays 1/28 – 3/24 (no class 2/18) \$84

#123-W1 Beginner, White, Yellow Belt 9-9:50am #123-W8 Orange-3rd Purple Belt 10-10:50am
#123-W3 Instruments & Sparring 11-11:50am #123-W7 Red - Black Belt 12-12:50pm

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.

How to Register

Online:
www.edina.thatscommunityed.org

Mail:
Mail registration form & payment to:
Edina Community Education
5701 Normandale Road,
Edina, 55424-1530

Fax:
952-848-3951

Email: comedu@edina.k12.mn.us

Office hours:
Mon-Fri, 8 am-4:30 pm

Make checks payable to:
Edina Public Schools
Visa or MC

EDINA COMMUNITY EDUCATION CLASS REGISTRATION						
Check one	Adult	Youth	DOB*	Age*	Grade*	School*
*Dob, age, grade, school required for Youth registrations						
Participant's Name						
Address						
City		Zip	Home Phone			
Parent Names/Emergency Contact (Required for participants under age 18)						
Name & Phone			Name & Phone			
E-mail address: 1.			2.			
Course #	Course Title	Start Date	Time	Tuition		
				Total		
Payment Choose one:	<input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Credit	Exp # _____ Code # ____	Visa <input type="checkbox"/> MC <input type="checkbox"/>	Cardholder name _____		
Card # _____						
Signature: _____						
By registering for these classes, I give permission for my child/myself to be included in photos or videos of activities that may be used in school district publicity and any media coverage printed or electronic.						
MEDICAL EMERGENCIES						
I give my permission for the staff to make whatever emergency (ie first aid, disaster evacuation) measures are judged necessary for the care and protection of my child while attending the activity.						
In case of medical emergency, I understand that my child will be transported to the nearest hospital by ambulance if the local emergency resource (police or rescue squad) deems it necessary. I will be responsible for the cost of the transportation.						
It is understood that in some medical situations, the staff will need to contact the local emergency resources before the parent, child's physician, and/or another adult acting on the parent's behalf.						