



ADULTS SCHEDULE

SPRING 2015



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30am		9:30 - 10:30am KUNG FU CARDIO®		9:30 - 10:30am KUNG FU CARDIO®		
10:30 - 11:00am		10:30 - 11:00am BAG / PAD WORK		10:30 - 11:00am BAG / PAD WORK		12 - 1pm LEADERSHIP and INTERNAL CONNECTION Class
11:00 - 12:00pm		11:00 - 12:00pm TAI CHI BASICS		11:00 - 12:00pm TAI CHI BASICS		
7:00 - 8:00pm	7 - 8 PM KUNG FU CARDIO®	7 - 9 PM ADV. FUNCTION / APPLICATION (All Styles)	7 - 8 PM KUNG FU CARDIO®	7 - 8:30 PM TRADITIONAL SHAOLIN FORM DRILLS (LYP, BSI and/or Mantis Forms)		1:30 - 2:30PM LUNCH
8:00 - 9:00pm	8 - 9 PM TAI CHI BASICS		8 - 9PM HSING-I			
8:30 - 10:00pm				8:30 - 10 PM TAI CHI TRADITIONAL FORMS (Applications, Push Hands, Weapons)		
KUNG FU CARDIO® Burn up to 1000 calories per hour with this intense, non-stop, strengthening and conditioning class	BAG WORK Train with a partner using bags and pads to train forms, movements, kicks and punches.	LEADERSHIP CLASS For our members or senior students. Learn advanced internal arts and fine tune movements.	TAI CHI BASICS Focus on building the internal connection and link movements from feet to crown of head.	TAI CHI TRADITIONAL FORMS In this class, we focus on Tai Chi Applications, Push Hands, and Tai Chi weapons.	HSING-I Internal practice guided by the 5 elements, each one affecting separate organs, meridians & muscle groups.	Privates available by appointment only - call Sifu Dennis Dereje at 305-450-5864.

ADDIS KUNG FU ACADEMY

Traditional Chinese Martial Arts for the Mind, Body and Spirit

School and classes run by Sifu Dennis Dereje



KIDS SCHEDULE

SPRING 2015



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
HOURS					PRIVATES BY APPT ONLY	
10:30 - 11:30am						
11:30 - 12:00pm						12 - 1pm LEADERSHIP and INTERNAL CONNECTION Class
5:00 - 6:00pm	5 - 6 PM LITTLE TIGERS Beginners Kung Fu (AGES 3 - 8)		5 - 6 PM LITTLE TIGERS Beginners Kung Fu (AGES 3 - 8)	5 - 6 PM LITTLE TIGERS Beginners Kung Fu (AGES 3 - 8)		
6:00 - 7:00pm	6 - 7 PM ADVANCED KIDS (AGES 9 - 16 only)		6 - 7 PM ADVANCED KIDS (AGES 9 - 16 only)	6 - 7 PM ADVANCED KIDS with BAG WORK (AGES 9 - 16 only)		1:30 - 2:30PM LUNCH
LITTLE TIGERS Beginner students will learn the kicks, punches, stances and drills to help them build a strong foundation in the arts. Ages 3 - 8.	ADVANCED KIDS For students who have trained in the arts or with Sifu Dennis in the past, learn advanced forms, stances and train for competition. Ages 9 - 16	BAG WORK Train with a partner using bags and pads to train forms, movements, kicks and punches.	LEADERSHIP CLASS For our members or senior students. Learn advanced internal arts and fine tune movements.			Privates available by appointment only - call Sifu Dennis Dereje at 305-450-5864.

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