



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



Youth Ages 5 and up – adult

- Gain confidence & awareness
- Improve physical & mental fitness
- Fun, full participation, progressive 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

EXPERIENCE THE BENEFITS AND EXCITEMENT OF KUNG FU!

Come and join us!

Winter Session:

Wednesdays at Ubah Medical Academy, Gym

1600 Mainstreet, Hopkins 55343

Jan. 30 – March 13, 2019 \$79

#YW19-Beginners & White Belt

6:15-7:00pm

#YW19-Yellow – 2nd Purple Belt

7:00-7:45pm

#YW19-3rd Purple – Black Belt

7:45-8:30pm

Questions: Call 952-898-3008

Instructor: National Treasure Kung Fu, Al Lam – Director

Learn the martial art of Jackie Chan, Jet Li and Kung Fu Panda with Hong Kong Champion Al Lam (International Master-Temple trained in Mainland China, Kung Fu nephew of “Mr. Han” of Bruce Lee’s “Enter The Dragon” movie). Sifu Al Lam and family have over 40 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 Department. Optional uniform and certification from White to Black Belt are available at an additional fee.

Classes offered through Hopkins Community Education Youth Programs.

To register, call 952-988-4070 or visit this link:

<https://hopkins.ce.eleyo.com/course/6344/youth-winter-spring-2019/kung-fu-wu-shu-winter>

Or visit the Community Education Office at 1001 Hwy 7, Hopkins, MN 55305

