

WHITE LOTUS MARTIAL ARTS CENTER

SUMMER 2009 SCHEDULE - EFFECTIVE JUNE 15, 2009



(818)993-9664

18369 EDDY ST. UNIT B

NORTHRIDGE, CA 91325

WWW.WHITELOTUSKUNGFU.COM

WWW.YOUTUBE.COM/WHITELOTUSVIDEOS

WHITE LOTUS KUNG FU



CHILDREN'S CLASSES:

Tuesday // Thursday

Level 1 - 4:30 to 5:30 pm

Level 2 - 5:30 to 6:30 pm



ADULT CLASSES:

Monday // Wed // Friday

Level 1 - 6:30 to 7:30 pm

Level 2 - 7:30 to 8:30 pm

PROVIDING CLASSES FOR ALL AGES IN THE SAN FERNANDO VALLEY SINCE 1976...

The White Lotus Martial Arts Center was opened in January 2009, the next generation of the White Lotus Kung Fu System. While still offering traditional Kung Fu classes, we also provide instruction in the arts of Tai Chi & Chi Kung, Chinese Weaponry, Kickboxing, Parkour and Freerunning. We pride ourselves on our family atmosphere, & hope that you will soon become a part of it.

WHITE LOTUS KUNG FU - The White Lotus System is an open style based on the universal principles of motion, action, and energy. Mental, physical, & spiritual development are the cornerstones of this system. Students learn traditional stances, forms, exercises, as well as working on dynamic strength, conditioning, and stretching.

**COME VISIT!
OPEN 7 DAYS
A WEEK!**

TAI CHI - An internal Chinese martial art that has been linked to numerous health benefits. Students will learn the 48 Forms of Taiji.

CHI KUNG - Internal art that focuses upon breathing techniques and series developed to help build and harness chi.

PARKOUR - French form of movement that focuses upon moving from Point A to Point B, as efficiently as possible. Classes teach fundamental concepts and principles, as well as focusing upon conditioning and functional strength.

FREERUNNING - A progressive form of parkour, based upon similar principles but allowing for further expression through personal style, acrobatics, and tumbling. Classes focus upon parkour elements as well as tumbling, wall flips etc.

OPEN GYM 7 DAYS A WEEK MORNINGS AND EVENINGS	TAI CHI & CHI KUNG	WEAPONS & KICKBOXING	PARKOUR & FREERUNNING	CHILDREN'S FREERUNNING
MONDAY, WEDNESDAY, FRIDAY: 10:30 AM TO 2:00 PM MONDAY THROUGH FRIDAY 8:30 PM TO MIDNIGHT SATURDAY & SUNDAY 3:00 PM TO 6:00 PM	TUES & THURS 6:30 to 7:30 pm SATURDAYS 11:00 to 12:00 pm	WEAPONS: TUES & THURS 7:30 to 8:30 pm KICKBOXING: SATURDAYS 12:00 to 1:00 pm	TUES & THURS 7:30 to 8:30 pm SATURDAYS 1:00 to 2:00 pm 2:00 to 3:00 pm	MON & WED 6:30 to 7:30 pm SATURDAYS 12:00 to 1:00 pm