

WHITE LOTUS MARTIAL ARTS CENTER

WINTER 2010 SCHEDULE - EFFECTIVE JANUARY 1, 2010

OPEN 7 DAYS A WEEK!

(818)993-9664

18369 EDDY ST. UNIT B
NORTHRIDGE, CA 91325

WWW.WHITELOTUSKUNGFU.COM



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VIDEOS FROM CLASSES, SEMINARS, & EVENTS,
AS WELL AS TUTORIALS, SAMPLERS, & UPDATES:
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PRIVATE LESSONS & STUDIO RENTALS ARE AVAILABLE! CONTACT THE OFFICE FOR MORE INFORMATION!

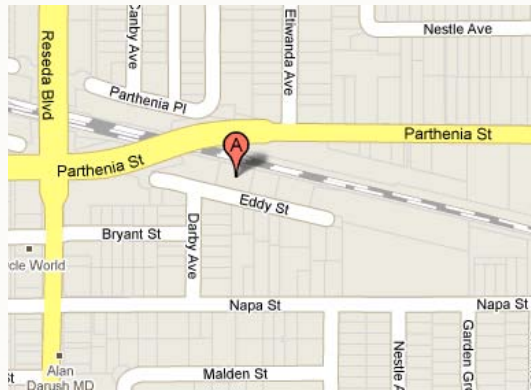


OPEN GYM - \$5/SINGLE SESSION
(Monthly Passes Available)

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
11:00 a.m. to 2:00 p.m.

MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY
8:30 p.m. to Midnight

SATURDAY & SUNDAY
3:00 p.m. to 6:00 p.m.



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WHITE LOTUS KUNG FU

ADULTS: Monday, Wednesday, Friday @ 6:30 pm

KIDS: Tuesday & Thursday @ 4:30 pm

The White Lotus Kung Fu system is an open style based on the principles of motion, action, & 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.



Classes are instructed by Master Carrie Ogawa Wong and associate instructors of the modern day White Lotus system.

TAI CHI & CHI KUNG

Tuesday & Thursday @ 6:30 pm // Saturday @ 11:00 am

Taiji (Tai Chi Chuan) is an ancient Chinese conditioning exercise consisting of continuous, slow, & graceful motions. It has been called "moving meditation." We instruct the 48 Forms of Taiji.

Chi Kung of Qigong are methods for cultivating and working with "qi" the energy that exists within each individual.



Classes are instructed by Master Carrie Ogawa Wong an inductee into the Martial Arts Hall of Fame, and student of Grandmaster Wen Mei Yu.

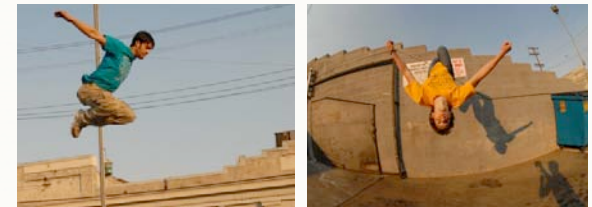
PARKOUR & FREERUNNING

ADULTS: Tuesday & Thursday @ 7:30 pm // Saturday @ 1:00

KIDS: Monday & Wednesday @ 6:30 pm // Saturday @ 12:00

Parkour is defined as a form of movement that allows an individual to get from Point A to Point B as efficiently as possible.

Freerunning is an extension of parkour that allows for further expression through the addition of acrobatic techniques & flips.



Classes are instructed by Team Tempest and The Lost Boys Family. Affiliates of the World Freerunning Parkour Federation (WFPF).
WWW.TEMPESTFREERUNNING.COM // WWW.THELOSTBOYSFAMILY.COM